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## Publisher

James Lorimer

## Editors

Adrienne Malloy

Susan Williams

## Art Director

T.J. Fennell

## Production Co-ordinator

Tracy VanDenBossche

## Editorial Assistant

Maggie Brown

## Business Administrator

Mary Savoy

## Circulation Supervisor

Ann Farrell

## Customer Service Representative

Danita Prosser 421-1952

## Promotions Co-ordinator

Colleen Hines

## Regional Sales

John Channing

5502 Atlantic St.

Halifax, N.S. B3H 1G4

(902)421-1214

Fax (902)425-8758

## National Sales

Richardson Media

4800 Dundas St. W., Suite 105

Islington, Ontario M9A 1B1

Telephone: (416)232-0305

John McGown & Associates Inc.

Nik Reitz

785 Plymouth Ave., Suite 310

Montreal, Quebec H4P 1B3

Telephone: (514)735-5191

Eric McWilliam

Suite 1400

1500 West Georgia St.

Vancouver, B.C. V6G 2Z6

Telephone: (604)688-5914



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## COVER STORY

A not-so-innocent snowball fight last winter has brought the simmering issue of racism in the school system to a full boil. Activists like Yvonne Thomas Atwell say it's about time. **PAGE 5**

COVER PHOTO BY MICHAEL CREAGEN



## HOMES

Our full-color insert offers advice for buyers, ideas for builders and renovators and the latest on the age-old, home heating battle of oil versus electricity versus wood heat. We also present fireplaces to warm the hearts of Atlantic Canadians this fall. **PAGE 11**



## FOOD

With changing attitudes about healthy eating and new ingredients at our doorstep, Atlantic Canada is overflowing with innovative cooking ideas. No one illustrates the new approach to food better than Halifax's Deanna Silver. **PAGE 36**



## SPECIAL REPORT

The region's health care delivery system is undergoing major changes but will it involve tough decisions like the closing of hospital beds? This month begins a three-part series, *Vital Signs*, examining the issue of health care in Atlantic Canada. **PAGE 40**

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## PUBLISHER'S LETTER

# Hailing the healthy approach

**W**hen I was growing up, the best meal of the week was always Sunday dinner. I remember it as roast beef, mashed potatoes, carrots, and peas. There was lots of gravy, and one or two of the fine pickles my mother preserved every fall. For dessert there would be pie, cookies and cake.

Like most kids I had my pet likes and dislikes. One of my pet peeves was canned peas — you know, those little greyish-green globs of powdery flour in some kind of moisture. The first time I learned that new ideas could be good news in food was the day our family met the frozen pea. Like the canned pea, the frozen pea bears no evident relationship (except size) to the fresh pea. Unlike the canned pea, however, I found the frozen pea palatable.

And it's been almost all good news ever since. As it turns out, food is just as subject to fashion as clothing or art. Our Sunday dinners from the early '50s belong in a museum, today. New ideas are constantly being introduced in the food that we eat and enjoy.

Item: A friend who travels to exotic spots two or three times a year, meeting up with all kinds of foreign cuisine, was commenting on the fact that he now eats fish five days a week. The reason: it's healthier, and it keeps him thin. He's about 50 pounds lighter than he was a decade ago, and feeling far better for it.

Item: A cooking enthusiast, with a collection of family recipes which goes back several generations, suddenly finds herself cooking for a family and a husband recovering from a heart attack. Many of his favorite dishes are suddenly on the banned list from the hospital, and the dietician is talking about a completely new diet. As a result, she explores all kinds of new ingredients and new cooking ideas.

Item: Walking through the supermarket last week, I noticed low-salt bacon. That was only a couple of weeks after I'd noticed biscuits advertised as having 50 per cent less salt. And the logo on the soda water had changed, to feature the fact that it was salt-free.

Item: Seven or eight years ago, *Globe and Mail* reporter Barbara Yaffe made a lifetime reputation for herself in this part of the world with her first column on living in the Maritimes. Barbara's comment read something like: the Maritimes is so out of it, it's impossible to find spinach salad in any Halifax restaurant. While the observation was exaggerated, today not only do you find spinach salad virtually everywhere on restaurant

menus, you can find trendy salad greens like the reddish Italian lettuce called radicchio on the shelves of the bigger supermarkets in many cities in Atlantic Canada, as well as in the servings of the fancier places. And fresh herbs, that some chefs would give their lives for, are being grown in the region and stocked regularly in the stores as well.

All around us are new ingredients and new produce, both from the region and from the rest of the world. In restaurants new approaches to food are being tried out. At cooking schools, students are learning to cook lighter recipes which rely more on the quality and freshness of the ingredients, and less on heavy rich sauces.

Many of the new ideas in food arise out of health concerns. People are becoming more aware that our traditional diet is not particularly good for us. As the Canadian Cancer Society's current TV ads suggest, we can eat our way to disease — as well as eating our way to health. But in my mind's eye, the idea of dieticians and Canada's Food Guide and eating the way you should means unpleasant, unenjoyable meals. Not necessarily so. The new approach is based on greater respect for produce, and a desire to make more of the natural quality and appearance of the food we are eating.

In every part of Atlantic Canada, people are exploring new ideas in food. Restaurant owners and chefs, cookbook authors, cooking school instructors, home economists working for government agencies, and people in their own homes are busy trying out new recipes. They're combining a healthier attitude and approach with the fresh produce surrounding us.

Here at *Atlantic Insight*, we're going to be reflecting these changes on our food pages. Starting this month, we'll be exploring new ideas in Atlantic cooking. And there's no better place to start than with Deanna Silver, the originator and owner of Halifax's Silver Spoon Restaurant. Since she widened her focus from desserts to opening up her first restaurant, Deanna has been a leading practitioner of an approach to food which stresses lighter recipes, fresh produce, and intriguing new combinations and tastes. In the months to come, our food section will be featuring other Atlantic cooks and other new food ideas.

Also this year the theme of our annual recipe contest will be: New ideas in Atlantic food. We know that our readers will have all kinds of ideas and recipes to share.

— James Lorimer



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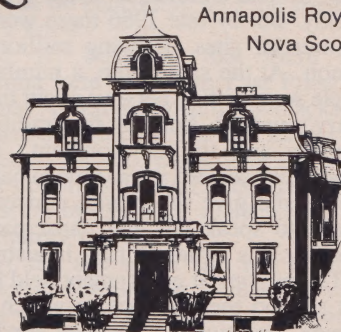
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# Young fish farming industry experiencing growing pains

*Traditional fishermen, environmentalists and property owners are concerned about New Brunswick's new aquaculture boom*

by Sandy Morgan

**T**he cool breezes that blow off the Bay of Fundy are doing little to ease the rising tempers of traditional fishermen in southwestern New Brunswick. As they motor to their wharves, the rugged beauty of the shoreline is interrupted again and again by the flash of metal sea cages, floating next to a lobster boat or crowding a simple weir. The presence of these interruptions makes the fishermen's blood boil.

Aquaculture, almost exclusively salmon farming, has become a major industry in New Brunswick. Last year the industry made fish farmers \$40 million and most agree that figure will rise to \$100 million by the end of the market period next year. The industry has created more than 500 direct and 1,000 indirect jobs, with those figures rising daily.

When a few brave men, in the closing days of the last decade, gave birth to the aquaculture industry in New Brunswick, no one believed it would grow so quickly. But by late 1986 there were 34 commercial sites, growing millions of salmon. At the same time, a number of people were getting nervous about the industry's impact, both on the traditional fisheries and the environment. Then government decided it was time to halt the growth and give those with concerns a chance to speak out and participate in directing this dynamic new industry.

The provincial government held hearings around the province at which fish farmers, traditional fishermen, environmentalists, people using the bay for recreation and shorefront landowners spoke loudly and clearly. They told the government committee they were concerned about the impact fish farming might have on the cleanliness of area beaches. Many were worried about the delicate clam and other shellfish industries. Weir fishermen said cages near weir sites might block a natural pathway or scare off the schools of herring coming into the weirs.

Land owners were worried property values would decline and polluted beaches would hinder enjoyment of their weekend retreats or family homes. Scientists and concerned citizens demanded that environmental studies be done, saying the amount of extra fish waste and

uneaten feed would negatively affect plant life in the Bay of Fundy.

But even with all the concerns, no one was suggesting the industry be drowned. With the unemployment figures standing at more than 40 per cent in some parts of southwestern New Brunswick, everyone made mention of aquaculture's economic importance.

Shortly after the legislature convened last fall, the government passed its first Aquaculture Act. It promised protection of the traditional fisheries and the environment along with, "ordered, well-managed development" of aquaculture. The acting fisheries and aquaculture minister announced that the moratorium



**N.B.'s fish farms are raising concerns**

on development would be lifted but quickly eased any fears by assuring that public input would be sought before a new site was approved or an old one granted leave to expand.

The traditional fishermen were skeptical. When they heard an aquaculture site in North Head, just off Grand Manan, was granted approval for expansion, they were stunned and furious. They demanded a meeting with the Department of Fisheries and Aquaculture (DFA). The site is over a prime lobster nursery. "What happened to public input?" asked Klaus Sonnenberg, president of the Grand Manan Fishermen's Association Inc.

Sonnenberg's protests on behalf of the

fishermen earned a reduction in the number of cages allowed at the North Head site. Seven cages now sit where 12 were expected. But Sonnenberg suggests the cages should be banned from the site entirely.

The Weir Fishermen's Association has also strongly criticized government for proceeding with site approvals — eight sites were approved in the spring — in the face of popular objection. DFA and its new minister, Denis Losier, are responding.

Losier says his department has set up an Aquaculture Site Criteria Committee with representatives from industry, DFA and the traditional fisheries. They will be looking at existing sites to determine their impact on the environment, to see if they should be moved and to determine the maximum numbers of fish they can handle. Losier says that no aquaculture development will take place at the expense of either the environment or the traditional fisheries.

Last year the weir fishery was an \$80-million industry, twice that of aquaculture, and Losier says that while it may appear they are at odds, the two are becoming increasingly interdependent. Connors Bros. of Blacks Harbour, N.B. has been a major employer for years in southwestern New Brunswick and recently found a market for what used to be the waste cuttings from herring. They now manufacture it into fish feed for the salmon farming industry.

The federal Department of Fisheries and Oceans (DFO), DFA and the larger companies all have environmental and fish health studies in place, although many traditional fishermen argue it may be too little, too late. It is indicative of the vast governmental support that DFA dives at each site once a month, checking for mortalities, soured bottoms and fish disease. DFA gives regular seminars, to both farmers and traditional fishermen, on anything from new husbandry practices to disease control and how it will benefit both industries.

Many fish farmers believe it is this political will and the participation of large companies like Connors Bros. and Sea Farms Canada that have helped the industry realize its quick success. Add to it the extreme high tides of the Bay of Fundy cleansing the cages twice daily and the superior genetic stock of the Atlantic salmon and the future for the industry looks healthy.

Still, a thunder cloud hangs on the horizon, threatening an explosion, if government and industry push for quick expansion of aquaculture without first allaying the fears of the other fisheries. Both sides agree a balance is essential and while government may believe the waters are calming, many traditional fishermen see it as the lull before the storm. ☒

DAVE NICKERSON



# Reading, 'riting, 'rithmetic and racism

*The issue of racism in Nova Scotia's classrooms is not a new debate but it has gained renewed intensity because of a snowball fight last January at Dartmouth's Cole Harbour District High School*



PHOTOS BY MICHAEL CREAGEN

**Yvonne Thomas Atwell: blacks have to shed passivity and state their case loudly**

*by George Elliott Clarke*

**T**They might as well have been Molotov cocktails. The snowballs hurled by white and black students last Jan. 9 at Cole Harbour District High School in Dartmouth, N.S. had an impact just as great. The snowball fights touched off ugly brawls between black and white youths for two days. Classes were sus-

pended, three students were hospitalized for observation and the Royal Canadian Mounted Police laid a total of 22 charges, against 14 people.

Shocked by the racially-motivated fighting, white and black parents formed the Cole Harbour Parent Teacher Association and pledged to forge a more harmonious school. And, along with teachers, school board officials, politicians and

activists, they have engaged in a raging debate over the issue of racism in the provincial school system.

That issue has haunted Nova Scotia's 25,000 blacks since 2,300 of their forebears landed in 1782 as Loyalists and another thousand dropped anchor in 1815 as refugees.

"I think the majority of black Nova Scotians feel very inferior," says Yvonne Thomas Atwell. "They look to white society to show them the way. . . . When we were brought here as slaves it was for a purpose. But white people don't know what to do with blacks. So they tolerate them — they throw them crumbs."

Thomas Atwell is an East Preston parent of two daughters and spokesperson for the six-month-old Afro-Canadian Caucus of Nova Scotia, formed in the wake of the Cole Harbour fracas.

She speaks out against injustice and oppression because of her strong sense of self and her pride in her roots. "Ever since I was a little child, I always knew that being black was right," she says. "If you believe in other lives, I was always black in all of them."

That pride comes from her family. She grew up in East Preston in the '40s, the daughter of John and Arlene Thomas and one of 16 children — eight boys and eight girls. John Thomas was a self-employed laborer who taught himself to read and write. "My father is my inspiration," Thomas Atwell says. "For a man who had no education, he's the smartest man I know."

At 17, believing that there was "nothing here for me in East Preston," Thomas Atwell did what many blacks did and still do today — she quit school and headed to Toronto. Once there she began to see opportunities and so completed her education by attending night school and community college.

By the age of 19 she was a single mother and beginning a career in managing food preparation for hospitals, eventually becoming the manager of patient services at Mount Sinai General Hospital in Toronto. She married at the age of 30 and had a second daughter but eventually divorced.

When Thomas Atwell returned to Nova Scotia six years ago, after spending 24 years in Toronto, she saw "a lot of surface changes" but "things were still not right and I had changed." She also found that "there seems to be a lot of acceptance [of the status quo]. In Toronto, the West Indian community never shut up. But here, if you speak out, you can get to be very isolated from the community, which I guess is what is happening to me."

Although Thomas Atwell never really considered herself an activist, she says, "when I moved back I did want to be involved in my community." A project as



simple as helping to get a baseball diamond for East Preston made her aware of the lack of organization in the community and of the importance of motivating people about issues facing them. She soon found herself involved in the Black United Front (BUF) and eventually became president of the organization.

Differences of opinion over the approach used in advancing the issues for the black community recently prompted her to leave BUF to help form the Afro-Canadian Caucus. Some people in the black community feel that the tensions between the two groups reflects badly on blacks. "But blacks working in organizations funded by government are hesitant to take the stance we feel is necessary to bring about changes on a wide spectrum of issues," she explains. "A group of us felt there are issues such as racism in the schools that require a political stand, a more aggressive stance. I'm not saying that government shouldn't fund the programs necessary to improve the situation for blacks but we cannot depend on government funding alone. And we should speak up when we feel the job is not being done."

Thomas Atwell believes racism still exists in Nova Scotia because of the passivity of blacks. And although her forthright opinions have gotten her in trouble with conservative blacks, she says she will continue to speak out because of her concern regarding the education of young blacks. She says it doesn't make sense to leave it to the white community to battle racism. "They don't see and understand what we are experiencing. Blacks must stand up and say what *they* want."

Black leaders argue that the school system has striven since its very beginnings to ensure that blacks remain laborers. The 1811 Nova Scotia Public School Act gave provincial moneys only to those communities which could erect a school and supply a teacher. Most black and poor white communities went begging.

Minor funds were set aside in 1836 to open black schools, but they were naturally segregated because most black settlements were enclaves on the outskirts of white communities. Moreover, a school system already divided by faith was readily divisible by race. So for a long time black schools were funded by religious, philanthropic organizations like the Society for the Propagation of the Gospel in Foreign Places.

The provincial government gave its formal blessing to school segregation in 1876 and again in 1885 despite blacks' protests. When black students were uprooted from Halifax schools in 1881 and forced to attend two segregated schools, blacks petitioned the legislature to permit them to remain in mixed classes — but to no avail. Racial references remained in the laws pertaining to education

until 1954 when Nova Scotia became the last province to desegregate its schools.

Even so, as late as 1964, four schools — all located in Halifax County — were still segregated. Because of its remoteness, a North Preston elementary school still exists as the only all-black school in Canada.

This history of separate and unequal schools has had dismal results. In 1945, there were only 25 black teachers in Nova Scotia; in 1948, only 15 or 20 of 8,000 black schoolchildren had reached high school; by 1949, only nine indigenous blacks had ever graduated from university.

The late black leader and educator Dr. William P. Oliver argued that such schools are a "visible symbol of separation and a denial of the right 'to belong'" and thereby validate the "mental apartheid that exists in many white minds." According to sociologist Adrienne Shadd,



Snowballs more like Molotov cocktails

"the chances are 36 per cent greater in Ontario, but over 100 per cent greater in Nova Scotia, that blacks will be employed in low-wage industries as compared with their white counterparts."

Educator, entrepreneur and black activist Burnley "Rocky" Jones says that "the education system is designed to prepare us for our place in society. If that is true, the education system is proof that our role is seen by the majority cultures as being minimal."

Jones and Thomas Atwell point to the number of black drop-outs as well as those enrolled in non-university-preparatory or general courses in high school as proof. "You see the number [of black students] that go into Cole Harbour compared with the number that come out — it's shameful," says Thomas Atwell.

Cole Harbour District High School has become the focus of Nova Scotia's concerns about race relations in the school system. Blacks from the communities of North and East Preston and Cherrybrook, working-class whites from

the fishing village of Eastern Passage and upper-middle class whites from the suburbs of Colby Village and Forest Hills attend the school. It is the largest in the province with 1,700 students, nine per cent of whom are black.

To the black community's dismay, Cole Harbour MLA and Health Minister David Nantes denies that racism played any role in the Cole Harbour *melée*. "There's no problem with racism in the educational system," he says. "It simply doesn't exist."

Demands by the black community for a public inquiry into the education system have fallen on deaf ears thus far. Davies Bagambiire, the lawyer for the Parent-Student Association of Preston (PSAP), argues that "the fundamental questions of insufficient reference to the accomplishments of black people in school texts and the lack of black teachers" demand an inquiry.

Morton Simmonds, a corrections officer and vice-president of the Cole Harbour PTA, recalls a day in 1975 when his son came home from school with a letter. It was signed by a teacher and guidance councillor who said that he should not take academic courses because he would not succeed. "He had tears in his eyes," says Simmonds. "That day, I'll never forget. We went down to the school and it took a month to switch him into academic courses." Simmonds' son went on to earn degrees from Dalhousie University and the Royal Conservatory of Music.

Such experiences are typical.

Thomas Atwell says her daughter's junior high school science teacher tried to discourage her from studying university-prep math, suggesting that she would fail. "When your teacher tells you something like that, it goes in and can never change," says Thomas Atwell. "Blacks don't receive an education, they receive training... Little black kids are excited at first to go to school. They want to learn. But by Grade 4, they don't anymore."

Tom McInnis, the attorney general and Eastern Shore's MLA, believes such stories prove an inquiry is not needed. "You ask the parents. They know what the difficulty is." He also argues that an inquiry would cost too much money.

Thomas Atwell believes such attitudes indicate that "we're not taken seriously. They're still the Great White Fathers. The government doesn't feel that black people have the power to make this an issue."

"The government is saying no to an inquiry because in their mind the education system is working perfectly," Jones argues. "It's turning out enough white dentists, doctors, lawyers, bankers... To have an inquiry now would be an admission that the system was wrong for turning out generations of uneducated blacks."

The 20-year-old Black Educators Association is conducting an inquiry of its





Thomas Atwell's daughter, Rhonda, was discouraged from taking university-prep math

own. Executive Director Gerald Clarke, a school principal, is compiling an up-to-date statistical record on the state of education for blacks in Nova Scotia. The statistics show that while black students are making progress, the school system still does not graduate enough university-prepared blacks from high school nor does it employ enough black educators. According to Clarke, of the province's 11,000 teachers, 90 — or less than one per cent — are black.

Of 22 school boards, each of which has 12 to 15 seats, there are only six black members representing only five boards. Neither Halifax nor Dartmouth has a black school board member and Dartmouth has no black school administrators.

Clarke says blacks number approximately 3,700 or roughly two per cent of 170,000 Nova Scotia school students. Of these, 827 were enrolled in high school as of December, 1988. Sixty-nine per cent were in academic courses, the remainder were in general courses. Clarke says the "picture is better than any of us would expect. It is encouraging." But he adds that "getting through high school is one thing, but university entrance is another. Black students are getting academic diplomas but, due to their grades, are not getting into universities... The marks have to be raised by 10 points."

Clarke believes there is a critical need for affirmative action programs to permit the entry of more blacks into university.

One such program is the Transition Year Program (TYP) at Dalhousie University, founded by Jones in 1970. It attempts to ease the entry onto campus of blacks and natives. Executive Director Percy Paris says that, during the transition year, students must take at least one standard elective as a credit towards obtaining their degrees while studying about each other's history.

Jones says TYP has been "wildly successful. We have teachers, social workers, financial consultants. They would not have had the opportunity to become pro-

fessionals if not for TYP."

Thanks to a new program, modelled on TYP, more blacks will have the chance to attend Dalhousie Law School when the Law Program for Indigenous Blacks and Micmacs starts this fall. Three natives and four blacks entering first year law will take a modified course load and attend special tutorials. The Law Foundation of Nova Scotia has granted \$77,000 for each of the first two years to launch the program. By the end of five years, 36 students should be enrolled, 12 in each of three years.

Although Jones feels the program is imperfect, he admits "it's one more step. We're defining now what our role will be... We won't be seen as being cheap labor anymore but as the best lawyer, doctor, stonemason, bricklayer..."

Another program, established by the Stanfield government in 1965, is the Education Incentive Fund for Black Students. It pays \$35 to \$95 to black junior high and senior high school students to encourage them to stay in school and \$2,000 to \$3,000 to black students entering university.

Although the Department of Education has received complaints that blacks are getting special treatment, spokesperson Fay Lee says the money is really an "affirmative action measure."

In 1980-81, eight black students with Grade 12 averages of 75 per cent or more received university entrance scholarships while 66 students with averages below 75 per cent received promotion awards. Since then, the number of scholarship winners has increased. In 1986-87, 23 blacks received scholarships and 71 received promotion awards.

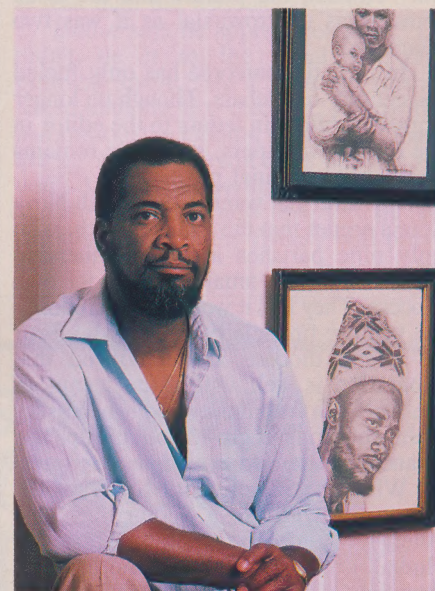
Lee says programs like the education incentive fund prove the province is addressing the concerns of blacks and other minorities.

Thomas Atwell is still concerned that not enough is being done. "Nothing's consistent and nothing's long-term... The programs are just meant to get people off

their backs for a short period of time."

Gerald Taylor, the former executive director of BUF, heads a new program, which in association with business, prepares black dropouts to pass high school equivalency tests and to learn work skills. Established last May, the Dartmouth East Black Learning Centre is funded by the Dartmouth Chamber of Commerce and Canada Employment. Its 20 participants, aged 18 to 24, study a range of subjects, including computer science and black history, for six months.

While several programs assist older students, one aims to give youngsters a head start in the school system. The 4+ Program, run at four inner-city schools in Halifax, prepares four-year-olds for Grade Primary, teaching them the basic skills that they need upon commencing school at age five. Clarke says that the program, funded by the City of Halifax, has been "very successful," stressing "high calibre teachers, strict parent involvement and greater resources."



Jones: current system keeps blacks down

Clarke says these special programs are necessary because blacks lack self-esteem. "We have been made to feel as the dregs of society. We have never been made to feel particularly effervescent about being blacks."

"I used to ask myself, why should I go to school?" recalls Thomas Atwell. "My mother scrubbed floors for their people. She wasn't educated... Why should anyone get an education to scrub floors for someone else?"

She believes that blacks need to know their history to acquire an "honest education... For instance, I am a black Canadian, a Nova Scotian, but my homeland is Africa... Blacks don't want to be associated with Africa. They associate it with slavery and poverty. But the school system will never change as long as black people have to relate to white culture without knowing who they are... Once you have a history, everything else will follow." ❧



# Future of Anglican church remains a "burning issue"

*Island Anglicans voted to stay part of the Nova Scotia diocese but by a narrow margin and the issue continues to divide them*

by Marcia Porter

**O**n Nov. 1, 1987 Prince Edward Island Anglicans were asked, in a province-wide plebiscite, to decide whether they wanted to form an Island diocese or remain a part of the Diocese of Nova Scotia that has governed the church here for more than 130 years. But the results, which showed an almost 50/50 split, have only clouded the picture and the issue remains as controversial as it was two years ago.

In fact, the outcome has only fueled the century-old debate. Though no longer argued publicly in letters to the editor in the local newspapers, each side remains fixed in its original position.

The side that wants to stay with Nova Scotia argues that the Island church, with only nine parishes and a membership of 4,500, is too small to have its own diocese. They feel it would be an impossible venture financially. Those who favor an Island diocese are convinced that separation is well within the means of the Anglican community and is necessary if the church is to grow. Both groups use financial statistics to prove their assertions.

When the 52 per cent majority voted to remain with Nova Scotia they also voted for some concessions. Those included a name change and more say in their own affairs. But deciding what more say really means has created the two-year impasse. One group calls the other "intolerant" while those favoring separation are being branded as "radical."

Attempts at compromise have failed so far and there are people who say the issue threatens the future of the church on the Island. But there is even division on this point. "It's not really one of the burning issues," says Rev. Ted Morgan, rector of St. Paul's in Charlottetown, the largest and wealthiest of the nine Anglican parishes. "We are functioning quite well and do a lot of things together."

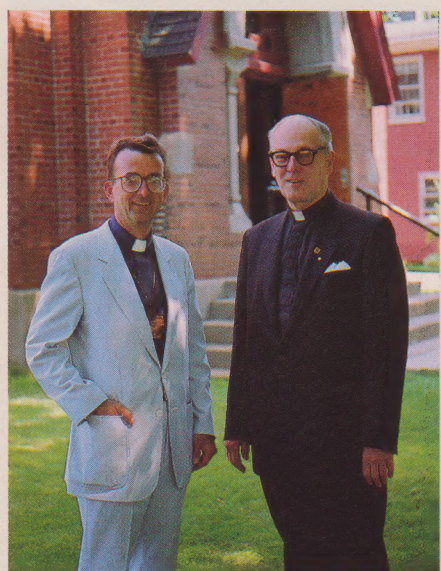
St. Paul's represents the low wing ideology of the Anglican church and is one of four parishes that voted to remain with Nova Scotia. Morgan says the issue is administrative. "It's a question of whether we are unique enough to run our own shop."

Contrast the style and words of Morgan to those of Rev. H.M.D. (Malcolm) Westin, rector of St. Peter's

Cathedral and a supporter of separation. "It's a burning issue," says Westin. "The church is in a great state of turmoil. Things aren't going smoothly at all."

St. Peter's, the second largest Island Anglican church and considered Anglo-Catholic or high church, voted overwhelmingly for an Island diocese. "The bishop refuses to address the issue," says Westin. But officials from the Diocese of Nova Scotia say the matter is out of their hands.

"It's very much in the hands of the Anglican people on the Island," says Rt. Rev. Arthur Peters, Bishop of Nova Scotia. "We are simply waiting for them to make a decision."



Morgan, left, and Westin: opposing views

The bishop and diocesan authorities may have a long wait. Because only a slim four per cent majority voted to remain with Nova Scotia, the issue of separation will not go away. Advocates like Westin and Rev. Bob Tuck of Georgetown say the Island church has come of age and is ready to set its own course.

"We have a distinct province," says Westin. "We've had our own government for over 100 years. What would be so strange about having our own diocese? P.E.I. is neglected. P.E.I. needs its own bishop."

Bob Minard, a retired banker living in Tyne Valley, says there is no feeling of

isolation or neglect among parishioners in his area. He views the issue with a practical eye. "It's still a question of money," he says. Minard has a long-time involvement with the Anglican church on the Island and serves as the treasurer of the Diocesan Church Society which is the voice of Island Anglicans. His own financial report says forming a separate diocese is just not possible. "And my figures were conservative," he adds.

Minard says philosophical differences that exist between the high and low church are really what prevents compromise and that it explains why some are eager to leave the Diocese of Nova Scotia. "It's definitely an issue though it's kept very quiet," he says. "The two ideologies are not talked about."

St. Peter's Cathedral, high church in philosophy, was founded in 1869 with the blessing of Rt. Rev. Herbert Binney, bishop of Nova Scotia at that time. He advocated a return to the Catholic heritage of the church. The clergy at St. Paul's refused to subscribe to Binney's practices so St. Peter's became the bishop's church.

That was the beginning of a rivalry that still exists. The Bishop of Nova Scotia is considered a liberal and therefore at odds with the thinking of St. Peter's. The low church ordains women and uses prayer books that are written in contemporary language, practices that are objected to in Anglo-Catholicism.

Oddly enough it was St. Paul's, unhappy with Binney's ideologies, that made the first pitch for separation in the 1850s. Members of the church argued that historically the Island church was not officially part of the Diocese of Nova Scotia. But over the years bishops became more liberal and separation no longer seemed necessary. The issue died, resurfacing only from time to time.

That same historical argument is now used by those who are calling for a separate diocese. In 1985, when a two-person study concluded that the Island church wasn't formally a part of the Nova Scotia Diocese, there was a renewed call for separation.

Westin thought the study would absolve any guilt that Island Anglicans felt when they considered separating from the parent Nova Scotia Diocese. He thought the report would make them more eager to leave. Instead the majority want the Nova Scotia-P.E.I. relationship made official.

The issue seems far from resolution, though Anglicans say the spirit of the compromise is still at work. But the latest effort to find middle ground, a report prepared by an Island businessperson who is also an Anglican, is considered "biased and unhelpful" by the Nova Scotia side of the debate. The group advocating separation, not surprisingly, calls it "fair and open-minded."



# Back to the drawing board of economic recovery plans

*The Newfoundland government is battling the skeptics with a commission it hopes will cure the province's economic woes*

**W**ithin 30 days of taking office, Newfoundland Premier Clyde Wells fulfilled one of his campaign promises by announcing the formation of an economic recovery team. But some of Newfoundland's rural leaders remain apprehensive about what exactly this commission and its much-criticized \$3-million budget will accomplish.

In the House of Assembly in June, Premier Wells stated that the mandate of the Economic Recovery Commission "will be to use all of the information and resources available from both the provincial and federal governments to identify every conceivable business, commercial or productive opportunity in the province and ensure that interested individuals, companies, and co-operatives are provided with the advice, guidance or other means necessary to take advantage of all such opportunities and in the process provide job opportunities for the thousands of our people who are unemployed." Its fundamental mandate is "to bring the annual average unemployment rate of Newfoundland and Labrador down below the national level."

The five-member commission will be headed by Dr. Doug House, who previously chaired the Royal Commission on Employment and Unemployment under former premier Brian Peckford. The commission will commence full-time operations this fall and will be assisted by an Economic Recovery Advisory Board, chaired by Newfoundland businessperson Harold Lundrigan.

The tasks of the two commissions are totally different although they are connected, says House. The mandate of the Royal Commission was to investigate the province's unemployment problem. When the commission handed the provincial government its 1986 report, titled "Building on Our Strengths," the work of the commission ended, he says.

One person who has expressed concern about the new commission is Robert Evans, a community development coordinator at Stephenville's Western Community College. Evans is concerned that the new commission will "re-invent the wheel by basically just checking what the Royal Commission has already found out for us." In an interview with *The*

*Sunday Express*, he denounced the commission's operating budget of \$3 million as "totally stupid."

The budget has been criticized by others but House feels that the controversy surrounding the budget is "basically a misunderstanding of what the commission is all about. You can't judge the \$3 million budget at this point, because it really depends on what it's going to be spent on. If a significant amount of that \$3 million is going into supporting viable enterprise, then I don't think anybody's going to be complaining about it. If it was to be spent on luxurious office space for the commissioners and jetsetting around Europe, then people would have every right to be upset."

Calling Newfoundland's unemployment rate "a national disgrace," Premier

Wells has called on the federal government to assist the commission. "The national government must shoulder its share of the responsibility," he says.

An outspoken critic of the \$600,000 set aside by the provincial government to tackle the problem of illiteracy, Evans asserts that any economic solutions for Newfoundland's rural communities lie in education. "If you have 44 per cent of your population illiterate, I can't see how building the economy is going to totally benefit us. If we can't get our people to become literate, then we're going to have a very hard time building ourselves economically."

When he announced the commission, Wells went on to state that "the commission may be in place for six to eight years before the chairman will be able to report that its job is complete and the unemployment rate in this province is less than the national average."

House says he appreciates that. "He didn't tie it to the usual four-year political cycle. He's looking further ahead than the next election. I think that is a reasonable amount of time but there are so many unpredictable things. We don't know if Hibernia is going to go ahead. We don't know how serious this resource crisis in the fishery will prove to be."



## We've discovered who's on the cover

In 1948, in Spaniard's Bay on Conception Bay, Nfld., Joey Smallwood greeted the crowds at Main Beach as he campaigned for Newfoundland to become the tenth province in Canada.

When *Insight* chose this photo of that event for the cover of the April issue, the only person identified was Joey Smallwood. We wanted to identify the people surrounding Smallwood in the photo so we went to our readers for help.

Over the past few months readers have identified the following faces: From left to right, Solomon Gosse, Budd Maynard, Isabelle Gosse, and just below Isabelle is Alice Butt.

Solomon Gosse and Alice Butt, both residents of Spaniard's Bay, are now deceased. Isabelle Gosse, who was a close friend of Alice Butt, still resides in Spaniard's Bay. Budd Maynard of Macadame, New Brunswick was nine years old at the time and visiting his aunt Lizzie in Spaniard's Bay. He now resides in London, Ontario.

Thank you to readers who sent us information.





# Victims of rape also victims of criminal justice system

*New research has shown that most sexual assault cases still don't make it to court and aren't taken seriously when they do*

by Bob Wall

**C**arol (not her real name) was sound asleep in bed when her attacker stole into the room. "By the time I woke up enough to realize what was happening, it was too late to do anything," says the demure college student in her early 20s. "I was terrified that if I tried to resist I would get beat up or worse." She sits erect in the armchair, her eyes lowered, her fingers twining and untwining as she tells her story. "It was 18 months between the time of my attack and the time he was tried and convicted. I had to keep remembering and reliving that nightmare for all that time so I could testify when he came to court."

Carol's case was unusual for two reasons — it was reported to police and it made its way through the criminal justice system to a trial and conviction.

"The majority of the incidents of sexual assault never reach the criminal justice system," says Ann Keith, who runs the Service for Sexual Assault Victims (SSAV) in Halifax, N.S. Trained volunteers at SSAV answered calls for assistance in 1,236 cases of sexual assault from the time it opened its crisis line in July, 1983 until December, 1988. Yet during that same period only 116 cases of sexual assault came before the Halifax law courts.

Keith and Ed Renner, a SSAV board member and psychology professor at Dalhousie University, have been trying to find out why so few cases make it to court. At Congress '89: Charting a Course for Criminal Justice held in Halifax earlier this summer, Keith reported their findings.

In almost 70 per cent of rapes, the at-

tacker was someone known to the victim, their statistics indicated. This should make apprehension and conviction of the assailant relatively easy, but other factors come into play.

The level of violence against the victim beyond the force used to commit the rape is very low because in most cases the victim does not resist. "Society interprets the failure to offer resistance as a sign of consent," says Renner. "The picture of sexual assault we get from studying court records is one where the attacker is a stranger and the victim is severely beaten during the attack." Renner sees this as a way that social norms become an informal filtering process in the justice system. "If a woman resists the attack, she risks severe injury or death at the hands of her assailant but she will be believed. If she doesn't resist, society tends not to believe her and even suggests that she was to blame in some way for the attack."

Keith says that "because few women after a sexual assault have physical evidence to support resistance, they are reluctant to report the offence and believe they won't get the help they need from the police and courts."

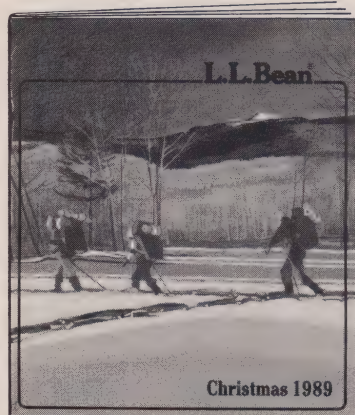
When sexual assault is reported and eventually wends its way through the twisted path of the court system, the result may simply be more trauma for the victim. Carol describes it as feeling "that I was being assaulted all over again by the courts, only it was worse because the whole thing was public. I felt like I was the guilty person on the stand because of the way I was being drilled and the accused was just sitting there."

Kathy Yurchesyn, a volunteer at SSAV and a student at Dalhousie, spent months combing through records in the Halifax law courts to compare cases of sexual assault with robbery. Her study, also presented at this summer's congress, found that a person charged with robbery was less likely to have harmed the victim, yet more likely to be convicted. When a guilty verdict resulted from the trial, more than 50 per cent of those convicted of robbery received sentences of two years or more. But 75 per cent of those convicted of sexual assault got sentences of less than two years in jail. The statistics have led Yurchesyn to conclude that "the criminal justice system still operates as if the crime of taking someone's property — usually money — is more serious than violating a woman's body."

Keith is currently working to set up trained sexual assault teams. The teams would include police, medical personnel, prosecutors and court workers along with SSAV volunteers to provide victims with the information and support they need during the months and even years it takes before a case comes to court. ☒

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# HOMES



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SEPTEMBER 1989

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## Modern convenience with Victorian charm and grace

*The construction of an elegant, reproduction Victorian home fascinated the people of Fredericton and won their approval*

by Mary McIntosh



PHOTOS BY GEOFFREY GAMMON

Joyce and Calvin Thompson's kitchen features touches like an exposed brick archway and a Georgian arch window echoing their theme

**A**t first glance the stately home nestled behind a screen of elm, spruce and butternut trees looks like another relic of the Victorian era. But wait — there are no signs of peeling, worn shingles or weathering. The yellow and white paint is spanking new, the shingles are uniform and the clean lines attest to its youth.

The construction of this Victorian home during the past year has fascinated the people of Fredericton, N.B., a city renowned for its graceful and elegant turn-of-the-century mansions. They watched with interest as the house, with all its decorative detail, gradually took shape in a wooded lot close to the University of New Brunswick and a short walk from the city centre.

It was the beauty of this old neighborhood that lured Joyce and Calvin Thompson into this mammoth project. "We always wanted to come into the city," says Calvin. "We used to drive in and take long strolls along the river and through the downtown area, looking for a suitable lot." Although most builders nowadays choose to build simple structures, unembellished by the flamboyant and costly features of the Victorian period, the couple decided against building what they call a "two-storey box." They wanted a home that would fit into the neighborhood.

As a "Victorian revival" has been going strong in the United States for nearly a decade, finding plans for the new-old home was not a problem. After seeing a

picture in an American magazine, the Thompsons sent for plans from Texas. It was the beginning of their year-long adventure in building.

As it turned out, what they ordered was a very rough set of plans. There were no measurements provided and the diagrams were not even drawn to scale. The task of transforming them into a working floor plan did not deter Calvin, who felt ready for the challenge after nearly 30 years as a professional builder and carpenter. He modified the design to include a basement, a family room, an office and two large decks.

Calvin calls the finished product "English Country" or "Country Victorian" because it borrows decorating styles of the 19th century and blends them



# HOMES

with the rustic country look now popular throughout Canada.

The front hall, sitting room and dining room at the front of the house all have a formal quality to them. The solid oak door with its colorful stained glass window leads into a hallway with rose marble tiles that were specially ordered

were also needed to finish the job.

A number of craftspeople also contributed their skills to the finished product. One worker spent days perched on a ladder shaping molding on ceilings near walls and around light fixtures to add to the Victorian theme. It was a time consuming and delicate process that involv-

ed drawing a metal template across the wet plaster to form the design. The gingerbread trim along the front porch — one-and-a-half inch solid wood — was ordered from Pennsylvania. A local blacksmith was commissioned to fashion a wrought iron finial for the roof of the turret, the finishing touch found on many



The family room's solid pine wainscoting, oak floors and overstuffed wicker furniture help lend a more casual air for entertaining

from Italy. Somber wallpaper and the cream Chantilly lace curtains embroidered with roses are also reminiscent of the Victorian era.

The formal atmosphere is not carried through into the kitchen and family room where the nine-foot ceilings seem less imposing. Homey touches have been added to the kitchen, like an exposed brick archway and a Georgian arch window that echoes the theme. In the family room, the solid pine wainscoting, oak floors and overstuffed wicker furniture make it a comfortable and casual place to entertain.

The Thompsons did not build and decorate their home alone. Their son and two other carpenters did most of the actual construction, while Calvin worked alongside as an advisor and troubleshooter. He did most of the finishing work himself, painting, sanding, staining and varnishing the woodwork. Two carpenters worked full time for nine months and a half dozen tradesmen, including a plumber, an electrician and a mason,



The Thompson's home fits the neighborhood

old homes.

This house is the last in a varied succession that the Thompsons have built or renovated over the years. Their previous home was a huge 19th-century farmhouse that had become a burden because it demanded so much time and energy. "We finally decided to build an old house with all the advantages of a new one."

One advantage they were after was energy efficiency. A fireplace was eliminated from the plans because it would waste heat. The house was built to R-2000 standards, with a double layer of insulation so Calvin expects he'll heat the 2,200 square feet of space for under \$1,000 a year. An air-to-air heat exchange system was also installed to draw in fresh air that is heated by the outgoing stale air. This means that between 80 and 90 per cent of waste heat is recovered, substantially reducing heating bills.

Calvin says there were few surprises building the house because he planned everything well in advance. However, he




did decide to build an attic loft as an after-thought and admits changes like that, mid-construction, are costly. Calvin also thinks he underestimated the cost of the labor needed to reproduce a 19th-century home with its oddly shaped rooms and windows. "I've built nearly every kind of house that you could build but this house was the most labor-intensive of them all. I'd say there is three times more labor in this kind of building than in a regular rectangular house with the same square footage. Every wall was different. There's no way of working quickly and that's expensive."



Lace curtains in the formal sitting room

Saving the trees around the house also cost money but the Thompsons were determined to keep the old trees, even though it was troublesome to work around them. Now, although less than a year has passed since the building was completed, it is encircled by mature trees that add to the authenticity of this new house with old-fashioned style.

The fondness for reproduction Victorian houses appears to be more than a passing fad — more than 1,200 people showed up at an open house hosted by the Thompsons when the work was complete. The couple decided to throw their home open to the public because of the number of curious passersby who continually interrupted the workmen during construction. It seems that the locals were justifiably proud of the many heritage homes in the city and felt a certain proprietorial interest in the new structure being built.

Calvin says one neighbor from an adjacent property initially voiced concern about what was happening. But he knew he'd succeeded when he received a letter from that same neighbor welcoming both his family and their home into the neighborhood. 



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## Restoring a rural inn

*Research, care and restraint all played an important role in the restoration of this award-winning inn in Shelburne, N.S.*

by Leonard Pace



PHOTOS BY ERIC HAYES

The Hynes explore the harbor from the widow's walk which experts suggest was added to the more than 200-year-old house around 1800

**G**ary and Cynthia Hynes were both working in the restaurant business in Toronto when they married in September, 1986. Wanting to start a family and dreaming of establishing a business of their own, their thoughts turned towards small towns and the many inns and bed and breakfasts they saw while touring Nova Scotia on their honeymoon. Although both grew up in cities, Cynthia in Halifax and Gary in Montreal, they began to look for a small place to live where they could become a part of the community. "The sort of place where people drop by for a cup of tea," says Cynthia. "In Toronto, it's not like that, you don't just drop by unannounced for a cup of tea."

A plan emerged — they would buy an older home in Nova Scotia and adapt it for use as an inn. After an extensive search through the Valley and along the South Shore, they settled on a heritage home in Shelburne, the George Gracie House, a two-storey, hip-roofed Georgian home rich in Loyalist history.

Built around 1785 in the aftermath of the American Revolution as pro-British refugees flooded into Shelburne, the original vertical log structure served as both store and home to a remarkable blind man, George Gracie, who was a refugee merchant from Boston and one of the county's first two representatives in the Nova Scotia House of Assembly.

The house was located on historic

Dock Street up the harbor from the Shelburne Museum Complex amidst public and private restoration projects already modestly underway. With a widow's walk on top, it provided a magnificent view of the harbor to both south and west and was just across the street from one of only two remaining barrel-making shops in Atlantic Canada, a business established by cooper Chandley Smith, who owned the house from 1904 to 1971.

Surrounded by so much history and aware of its tourist potential, the Hynes decided to call their new house the Cooper's Inn. They also decided to preserve and restore as much as possible, drawing out the already present feel-



# HOMES

ing of an authentic heritage home and blending it with the functional requirements of a working, three-bedroom inn with a 25-seat restaurant. "We didn't want to impose our will too much on the house," says Gary.

Time was short. The Hynes purchased the house in November, 1987 and planned to open their doors no later than the end of May the following spring. They were amateurs in restoration and there was much to be done. They began with research, familiarizing themselves with architectural styles, subscribing to several magazines, enlisting the support of the local museum and historical society to research existing heritage homes and learn about period lifestyles, and consulting experts in historical restoration. At the same time, they made contact with government agencies, beginning the long process of coming to grips with the many fire, health, building code and tourism regulations. Eventually a plan was drawn up, approved by the necessary authorities and a carpenter, plumber and electrician hired.

Originally built as an 18 by 35 foot vertical log structure, the house was extensively altered sometime between 1785 and the mid-1800s, when local experts suggest the widow's walk was added



The Hynes left this attractive, south-facing room with a bay window largely untouched

along with a new central staircase and a two-storey, south-facing bay window. The Hynes have concluded the entire southern half of the building is an addition. A Victorian influence in the south

section is also evident, particularly in the sitting room to the right of the entrance hall with its later-day bay window.

The couple decided to leave this attractive room largely untouched, except

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for painting the walls French green to match a green, tiled coal fireplace still in working order, refurbishing floors and woodwork and closing off an unwanted door to the kitchen.

Similar restraint, a constant in their restoration, was exercised on the exterior. The already weathered grey, unpainted cedar shingles were retained, the aluminum storm door removed and replaced with a wooden one, the mustard colored trim repainted a more subdued slate grey and new flashing installed on the old chimney.

While Gary assisted the carpenter, Cynthia spent a month on the sometimes daunting task of restoring the extensive woodwork, including doors and windows with generous trim, panel walls and floor and ceiling moldings. She went through gallons of paint remover to strip the old paint built up over the years and then applied oil to replace lost moisture. Nail holes, gaps and dents were filled and every inch sanded, primed and painted. Restoring the mullions separating the panes in 25 windows was the toughest job. Rotten mullions and sills were matched and replaced and 300 panes of mostly hand-blown glass were reputted.

In keeping with Georgian practice, the Hynes decided to paint the walls and so undertook the arduous task of stripping wallpaper from room after room.

Before they could begin painting, much of the original plaster had to be smooth-



**Each of the bedrooms has a private bath**

ed out with coats of wall compound added to the plaster to smooth out the warpage of the years. They selected the colors from Williamsburg restoration color charts, matching them at a local paint store using a color computer.

Pine floors in the back dining room and upstairs bedrooms were also painted. Hardwood floors in the entrance hall,

front dining room and parlor were lightly cleaned and stained with a penetrating varnish to bring out their color and sheen. Gary and Cynthia decided against sanding because they were afraid it would give too new a look. Other tasks included removing the alligatored varnish on the central staircase, rubbing oil on banisters, newel post and treads and painting the risers a tasteful, creamy white.

An examination of the baseboards and molding led the Hynes to believe that originally, or at least after the house was extended, there had been four major rooms upstairs and four down, all connected by a central stairway and adjoining halls. They decided to return to this orderly and spacious layout as much as possible. Downstairs, it was relatively simple; all they did was remove a wall, opening a "slip bedroom" to become part of one of the inn's two large dining rooms. Molding was repaired and a chair rail added to bring the two rooms back together.

Upstairs, the job was made more complex by their decision to equip each bedroom with a private bath. Two rooms and a common hall were combined to create a single, light-filled guest bedroom on the southwest corner which shares the two-storey window bay with the parlor below. A small bathroom was tucked in underneath the attic stairs. The other bedroom on the west wall was intact and



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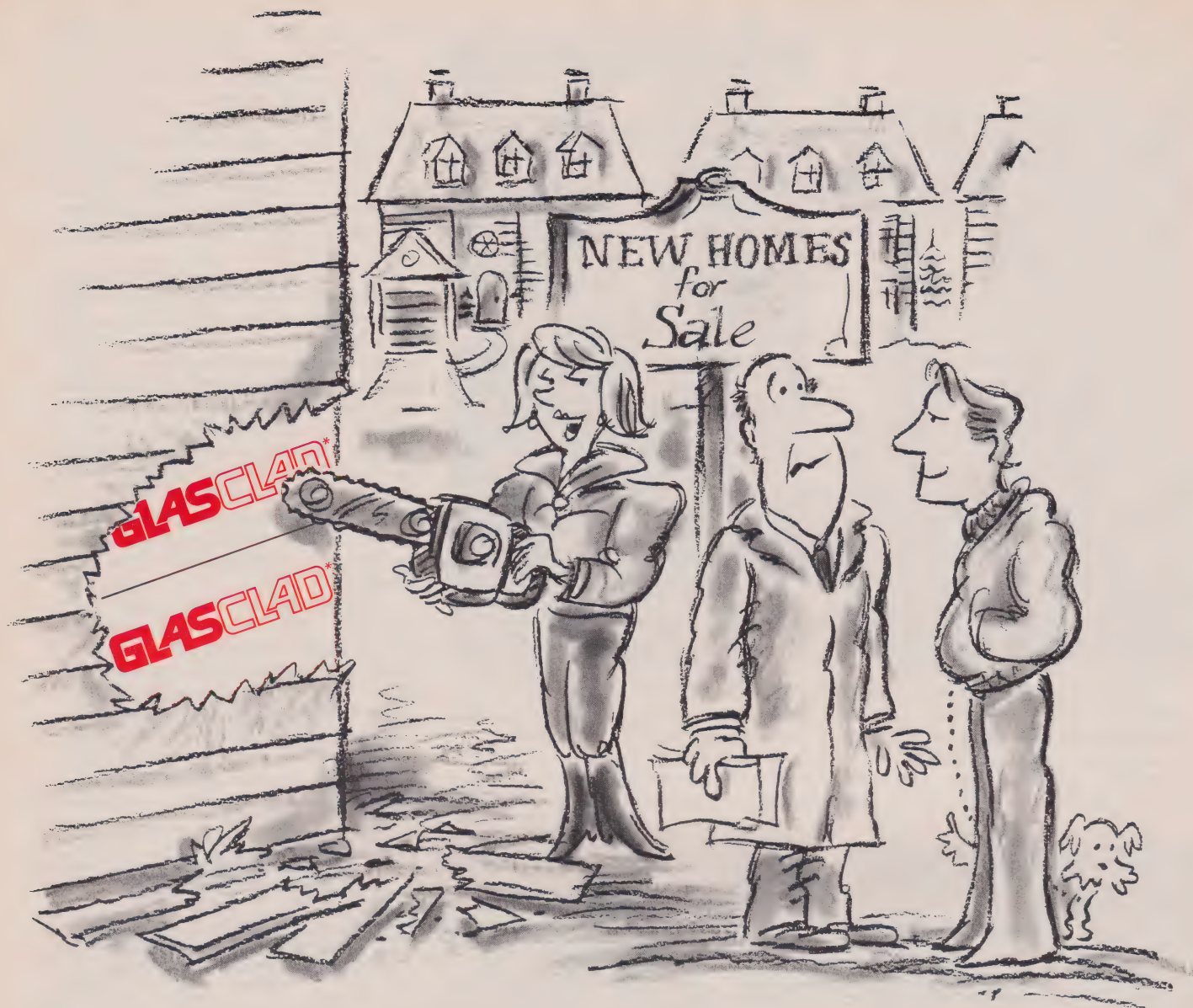
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# HOMES

so, rather than cut into it, they split the adjoining middle bedroom into a private bath for the guest room and an upstairs public bathroom. With a few more adjustments, the original upstairs bathroom was made private to the third guest room and wainscoting and fixtures were added to show off the Victorian origins of the bathroom's clawfoot tub.

The kitchen was the one area in which Gary and Cynthia abandoned all attempts to maintain the atmosphere of the heritage home. Although its size was one of the house's big attractions to Gary, the cook, little of the original was left, giving him a free hand. Old cupboards were ripped out, open shelving and a long central L-shaped counter built in and a professional three-compartment stainless steel sink installed. Propane lines were fitted to feed a six-burner, restaurant gas range equipped with a large exhaust fan and fire extinguishing system. For luck, an old horseshoe discovered in a wall was imbedded in the flue hole left by the removal of the old range.

The Hynes' careful, practical approach and their consistent restraint and



Oil was used on wood to retain moisture

respect during restorations has resulted in a restful, elegant establishment that successfully functions as a modern inn while evoking the feeling of an authentic heritage home. So successful is the result that in June of this year the Hynes were presented with one of the first Built Heritage awards ever presented by the Heritage Trust of Nova Scotia.

The job done, Cynthia, now manager of the inn, has become a regular in Shelburne, out doing her daily business with fifteen-month-old Colin forever in her arms. She's obviously happy to have achieved her objective, to become part of a small community where people still drop by unannounced for a cup of tea.



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# Buying — the first time around

*Buying a first home is bound to be a learning experience but with planning and good advice it can also be a rewarding one*

by Bob LeDrew



McCutcheon and Dafoe's first home near Chocolate Lake: they found it in the newspaper

**F**or all but the very wealthy, buying a house may demand more energy, commitment and money than anything else in life. For first-time home buyers, it often also involves a severe case of cold feet. Just ask Valerie and Jim Simpson. When they were looking for houses last summer, they began to think they were destined for a lifetime of renting.

"It was awful," Valerie says. "We started to look and then we found out our down payment wouldn't get us a mortgage on anything bigger than a broom closet. So we had to borrow some money from my parents to get a big enough down payment. We had to borrow more money when we finally closed the sale to cover the taxes, the oil that was in the tank and other stuff." The Simpsons did finally move into their home in Lower Sackville, N.S. but they regret not starting to work on buying a little earlier.

Mike Duhan, a Halifax financial planner, says that stories like the Simpsons' are typical. "One of the biggest obstacles

to a successful purchase of the first home is a lack of planning," he says. "People don't do their homework the way they should." When people decide to buy, he suggests they study the real estate market for several months before deciding on a house.

Carolyn Miller, the program manager for underwriting with the Canada Mortgage and Housing Corporation (CMHC) in Halifax, agrees. "The first time is a learning process, so you should learn as much as you can — read the papers." She also suggests shopping around for a real estate agent. "Find one that carries homes in your price range and that you feel comfortable with. And remember that real estate agents are the vendor's agent, not the purchaser's agent."

The experience of Kristina McCutcheon and William Dafoe certainly supports Miller's advice to shop around. McCutcheon, a stockbroker, spent some time watching the papers to compare mortgage rates and studying the housing market. When they finally decided on

their home on Chocolate Lake, near Halifax, she had luckily found the best rates at her own bank. "Don't rush into buying because it's a buyers' market," she says. "We just moved from Toronto and I've been looking at houses there for about three years. Don't go with the first real estate agent you meet. We actually found the house in the newspaper. The real estate agent didn't find it for us."

When people start thinking about real estate, they first have to decide whether to buy a pre-existing home or to build their "dream home." This is sometimes a difficult decision — some people think that a house someone else built and lived in can't really be theirs while others daydream about a historic, picturesque heritage house that is probably beyond their reach financially. Those who think they can build more cheaply may be dismayed to learn that building isn't a bargain. "It's not cheaper to build in most of Nova Scotia," says Miller, who cautions first-time builders to take extreme care organizing the construction.

For those who do buy rather than build, the first requirement is a down payment of at least 10 per cent. Duhan suggests making the down payment about 15 per cent if possible. "That way," he says, "you've got some money there to cover any unforeseen costs that may come up." Graham MacLean, the regional mortgage manager for the Royal Bank, says his bank's policy is to require the first 10 per cent but "it would be to a person's advantage, many times, to save a larger down payment if they can."

Buyers also need to have money set



McCutcheon's experience was very positive

aside for closing costs. These costs include mortgage insurance, legal fees, survey fees, deed transfer taxes, municipal taxes, utility and telephone connection charges, moving expenses and other items like curtains or appliances. These costs often add up to \$3,000 or more.

Mortgages can be particularly intimidating for the first-time buyer. Some homeowners take on the largest possible





JOHN DAVIS

### Don't rush into buying — shop around

payment to pay off the house more quickly. Experts, though, reject that notion. "You can't be house rich and cash poor," says Duhan. "Even when you're paying on your mortgage, you have to continue to invest in an RRSP or any other savings plan you're involved with." Buyers should also take their income sources into account. For example, because of their lines of work, neither Dafoe nor McCutcheon have a salaried income. It was important for them to

### Cost of purchasing a single detached bungalow in Halifax/Dartmouth

House price:	\$92,000
<b>CLOSING COSTS:</b>	
legal	\$1,000
survey	300
deed transfer (1.25%)	1,150
moving costs	750
mortgage insurance application fee	235
mortgage insurance premium (2.5%)	2,070
<b>Total cost of house</b>	<b>\$97,505</b>
Maximum mortgage available (90%)	82,800
Plus mortgage insurance premium (2.5%)	2,070
<b>Total mortgage</b>	<b>84,870</b>
Payment required	\$12,635
Figures are estimates based on information from CMHC	

keep payments low enough to defend against an economic downturn.

It's important to shop around for a mortgage. Experts agree with the Royal Bank's MacLean that "the mortgage market now is as competitive as it's ever been." With this competition, buyers can save thousands of dollars by careful shopping.

Recent wrinkles have also appeared in the mortgage market to entice buyers. New payment schemes, in addition to the standard monthly mortgage payments, allow for semi-monthly and weekly payment schedules. The principle behind

this is simple: instead of the homeowners' money sitting in the bank until the end of the month gaining minimal interest, it's applied as soon as possible to the mortgage.

Miller is a big fan of the new payment schemes. "They can amount to a substantial saving over the lifetime of the mortgage," she says. "A person with a weekly payment scheme on a 25-year amortization could pay their mortgage off up to six years more quickly than someone on a monthly schedule." Simpson says their house will be paid off five years earlier on their mortgage agreement. Duhan endorses weekly payment. "But if you opt for them," he says, "make sure you stipulate '13 months inclusive' on the form. Otherwise they could be just the same as monthly payments."

Pre-approved mortgages can be useful to the first-time buyer. A pre-approved mortgage guarantees the buyer an interest rate on a set amount for a certain period, ranging from two weeks to two months. A pre-approved mortgage can also give first-time buyers a guideline as to what upper limit exists on their ability to pay, making it easier to choose the right home.

Home buying is a major step into financial responsibility. But with a little thought before the sale, even the wariest of first-time home buyers can have a pleasant memory to look back on when they're in their next home. ☒

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## Rethinking home heating

*Technological innovation and environmental concerns are adding fuel to the electric power versus oil versus wood heat debate*

by John Wishart

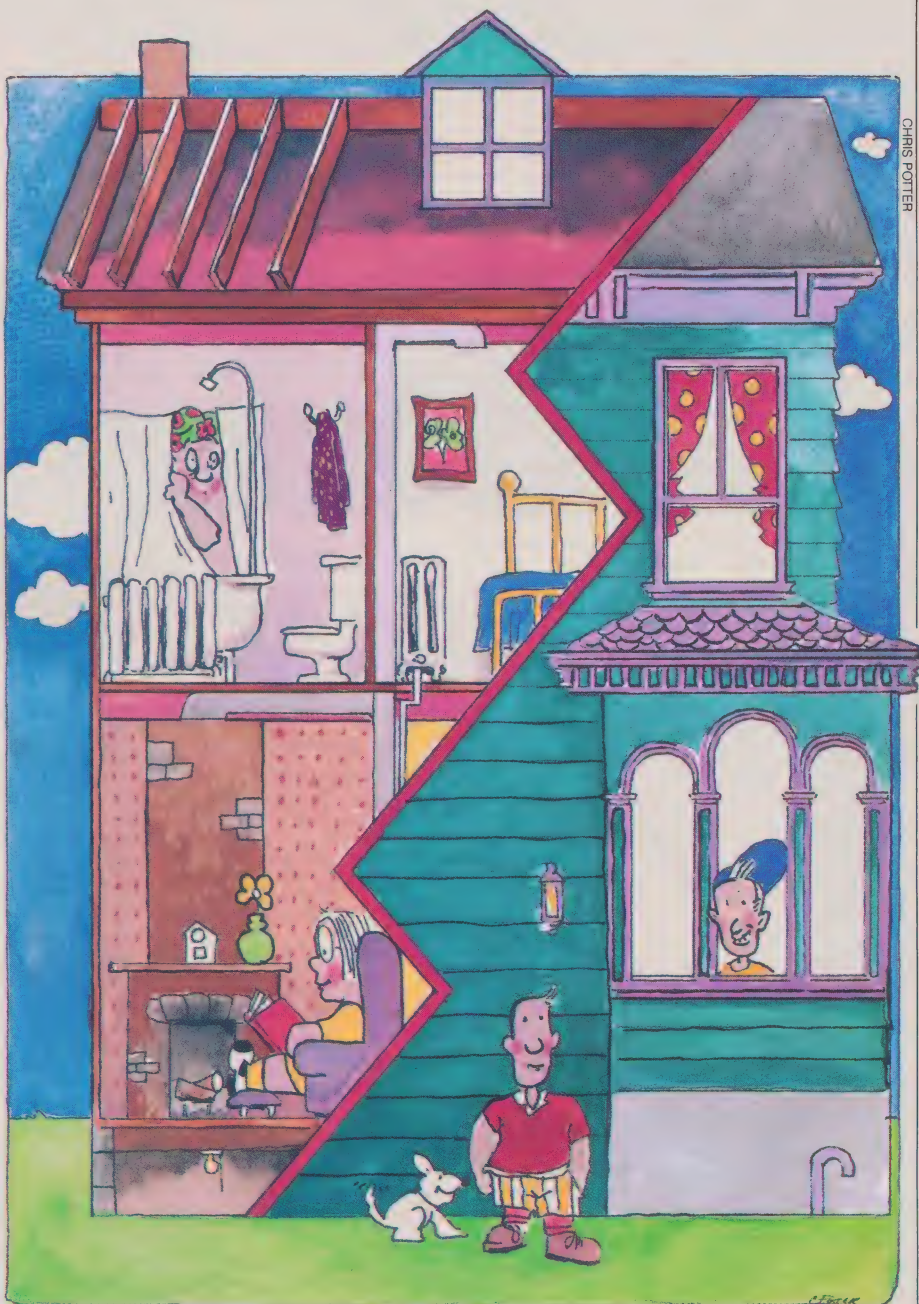
**T**he energy crisis of the mid-1970s irreversibly changed the way Atlantic Canadians live — government and industry scurried to find domestic energy sources, gas-guzzling automobiles were replaced by fuel-efficient compacts and homeowners scrambled to convert their heating systems to avoid skyrocketing oil prices. Fifteen years later, however, Atlantic Canadian homeowners are rethinking home heating options. Electricity is still the fuel of choice in new construction but the rising cost of electric power, compared to oil, and technological improvements in both oil and wood-based heating systems have combined to make Atlantic Canadians ask again — how should I heat my home?

New Brunswick, which generates much of its own electric power, has more homes (49.5 per cent) that list electricity as their primary heat source than the other three Atlantic provinces. That's largely because, as of May, 1989, the cost of 5,000 kilowatt hours of electricity (the amount needed during a cold winter month in an average, all-electric, single family home) was \$235, compared to \$308 in Newfoundland, \$354 in Nova Scotia and \$408 in Prince Edward Island.

Electricity is definitely the fuel of choice in New Brunswick, says Tom Landry, a former federal Department of Energy technical specialist who now works with a leading R-2000 home builder in Moncton. "With electricity, you still get more heat value per dollar. You turn on the thermostat and, if you pay for \$87 worth of heat, you will get \$87 worth of heat. You may only get 60 to 80 per cent with an oil furnace."

Homebuilders opt for electric heat in approximately 90 per cent of all new construction throughout Atlantic Canada. Cost is one factor but builders say an even more important consideration is convenience. There's no mess and no maintenance with electricity, they argue. "We're an instant society," Landry explains. "We want to go out immediately, to have results immediately" and electric heat provides that.

To get more bang for the electric



CHRIS POTTER

buck, the New Brunswick Electric Power Commission (NB Power) is investigating the energy saving capabilities of heat pumps. The public utility recently granted the University of Moncton \$300,000 to conduct research on the pumps and

devise a certification program for provincial manufacturers.

A heat pump is a refrigeration machine that removes heat from one place (usually water or the air) and transfers it to another. Water-source heat





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pumps use one part electric energy to extract three parts heat from water. The released heat is blown from a unit in the basement into the rest of the house. The units are expensive (about \$4,500 to \$5,500 for the average house) and are most cost-efficient in larger homes with higher heating bills.

Despite the abundance of relatively cheap electricity in New Brunswick, oil companies have been closing the cost gap. NB Power spokesperson Terry Thompson says there was a time when electricity was 20 or 30 per cent cheaper than heating with an oil furnace in the province. But with new, "super-efficient" oil burning equipment on the market, that gap has narrowed in recent years to 10 to 15 per cent.

The oil versus electricity comparison is quite different in the other three Atlantic provinces. Terry Watters, a technical specialist with the federal Department of Energy, Mines and Resources in Halifax, says he's not seeing that many conversions from oil to electricity. "People who have been using oil are tending to stay with it," Watters says the oil industry was "somewhat slow" to respond to changes in the marketplace but oil companies have become much more competitive in the past few years, partly out of necessity. Construction of energy-efficient homes has led to oil furnaces that are smaller and correspond better to the reduced energy needs of the home, he explains.

"Technology has come a long way" in the oil furnace business, one equipment supplier says. The "big monster" that used to be in everyone's basement has been replaced by a smaller furnace that optimizes heat exchange capabilities and electronic circuitry. Several companies now produce furnaces that are between 85 and 89 per cent efficient.

Government and oil industry analysts suggest oil is between 40 and 50 per cent cheaper than electricity for home heating in Nova Scotia. Oil prices began a steady decline in early 1986 and, now that governments are not involved in subsidizing electrical conversions, oil will continue to be cheaper for the foreseeable future, says Ben Weeks, manager of the Esso Home Comfort Centre in Halifax-Dartmouth.

Oil companies are now taking aim at homeowners who may be thinking of switching back from electric to oil heating. Power side venting, in which exhaust fumes from an oil furnace are pulled under suction through a vent in a side wall of the house and into the outside air, has oil officials excited. "It makes a retrofit from electric quite a bit more attractive since you don't need a chimney," says Weeks. Side wall venting has been available in Atlantic Canada

for about a year and represents about a \$600 investment. With the stability of oil prices, the pay back period is quick, he says.

Wood heat has long been a favorite with Atlantic Canadians. To offset rising wood costs, wood stove manufacturers have introduced more efficient and environmentally-acceptable equipment.

"Most of the technology in the early 1980s went to increasing the efficiency of the units," says Peter Vander Platt of Burlington, Ont., vice-president of the Canadian Wood Energy Institute. "Now it's going toward the decreasing of wood heat byproducts and protection of the environment." Strict emission standards imposed by the American Environmental Protection Agency have had a spillover effect on Canadian wood stove and furnace manufacturers. The new stoves are, on average, 70 to 80 per cent energy efficient compared to a 45 to 55 per cent for the generation of stoves spawned by the mid-'70s energy crunch.

Among the innovations are catalytic combusters, similar to catalytic converters on cars, which cut emissions, improve efficiency and reduce potentially-dangerous creosote build-up in the chimney. For those homeowners looking for wood heat with a touch of convenience, the industry has responded with stoves that burn wood pellets instead of logs. The pellet stoves are at least 75 per cent efficient and can burn continuously for up to three days without refuelling.

While surveys may show sales of wood stoves slipping, "zero clearance" factory-built fireplaces have caught on with consumers, says Pat Bourque of Maritime Fireplace Ltd. in Moncton. Priced between \$600 and \$1,700, the air-tight fireplaces don't require a foundation and can be built right into the framing of the house — hence the name "zero clearance." Additional insulation around the fireplaces and air passages keep the combustion chamber cool so the units don't get as hot as wood stoves. The only drawback with the fireplaces is their 25 per cent efficiency rating.

Regardless of whether the fuel of choice is electricity, oil, wood or some alternative source, improvements in home construction have made a dramatic impact on heating costs. R-2000 builders are producing 3,000 square foot homes that have yearly heating bills of only \$500.

"The big thing now is quality-built homes," says John Healey, chief inspector with Canada Mortgage and Housing Corporation (CMHC) in Halifax. "Six or seven years ago, everyone was trying to get the most efficient burner. The emphasis now is on construction...Get a well-built home and you'll save on energy costs."

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# Glowing reviews

*Fireplaces are no longer considered an efficient heat source but they're still warming the hearts of Atlantic homeowners*

by Sara C. Fraser

It's more than just a hole in the wall, it's a source of enjoyment," says one contented homeowner about the hearth which warms his toes on chilly autumn evenings. Entrepreneurs have invented *faux* fireplaces that snap, crackle and pop and even home videos of fires but most Atlantic Canadian homeowners still believe there's no substitute for the real thing.

Don Stewart's experience with the fireplaces in his home is testimony to that. The dentist's 1832 three-storey brick home is one of the oldest in Charlottetown, P.E.I. When he and his wife bought it last fall, they had no idea what was behind the walls until they started renovating. They uncovered 14 fireplaces, most of which had been bricked over at the turn of the century when steam radiators were introduced. Two of them were built into the house's exterior for summer cooking. Stewart couldn't save those but is restoring all 12 inside to their original state. He now admits, "We didn't know what we were in for."

Stewart wanted to maintain the focus a fireplace can give a room. "It was the centre of activity in a room. Everything happened around the fireplace." At the same time, he wanted to modernize the fireplaces to prevent heat loss. "It'll never be the sole source of heat but, as far as the aesthetic appeal, it's worth it. I wouldn't be doing all this work if it wasn't," he says. And undeniably, fireplaces kindle images of romance. "I can't wait until we light the twin hearths in the master bedroom in the evenings," says Stewart.

Reginald Porter has given guidance to the Stewarts' restorations. He's a consultant who specializes in Maritime architecture. "A fireplace has enormous social implications," he says. "It's almost a family altar." He likens the supporting columns of a fireplace to columns of a classical temple. "But perhaps instead of worshipping God, you worship your ancestor who gave you the home. Maybe not consciously, but you hang pictures



Fireplaces, like this one at Victoria Station Inn in St. John's, give focus to a room

BARRETT & MACKEY PHOTOGRAPHERS



# HOMES

and portraits there or even a large mirror flanked by candlesticks to reflect you as your own master." The Greeks even had a hearth goddess, Hestia. It was often the task of vestal virgins to tend to her sacred flame of the home.

In the 1800s, an entire line of furniture was designed exclusively for fireside living. It included mobile firescreens to protect ladies' complexions and special wool hearth rugs. Porter points out that antique furniture often looks out of place unless it is positioned around a fireplace.

Fireplaces were the social centre of a

room before central heating. "Very few people today focus their attention on a fireplace; the focus today is a television," says Porter. He believes fireplaces can still bring people together "in the dark, when our primitive imaginations take over on a bitterly cold, Maritime winter night." He says even a fireplace that's not working can guide the placement of furniture in a room. "It's a source of comfort, whether it's still functioning or symbolic."

Two cast-iron fireplaces are focal points in the home of Dan O'Connor and spouse Sharon Fraser in Halifax, N.S.

Both are rimmed with colored glass painted with flowers and pheasants highlighted in gold foil. A black background throws these etchings into relief. "It's kind of like a black velvet painting," says O'Connor. In another day,



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Victoria Station Inn: one of nine hearths



O'Connor's fireplace with painted glass

firelight would have illuminated the glass brilliantly but the fireplaces can't be used. They lack dampers and, when the couple inspected the crumbling chimneys, they found an old wooden support beam burnt almost through. Even so, says O'Connor, they are an added attraction to the light-filled Georgian-style house and a delight to visitors. "They say they've never seen anything like it before," he says. "Then

BARRETT AND MACKAY PHOTOGRAPHERS

JOHN DAVIS





BARRETT AND MACKAY PHOTOGRAPHERS

Embossed firewalls characterize the three fireplaces of P.E.I.'s Senator's House Inn

they spend the rest of the time trying to figure out how they were made."


The house, which dates back to 1859, is located in what was originally the Maritimes' first exclusively working-class district. But the couple believes the fireplaces were imported from Boston by the house's upperclass landlords. And on a recent trip to Maine, they saw the hearth's "big daddy" in an old inn. "It was a shock," O'Connor says. "There it was on a larger scale."

Travellers in P.E.I. looking for rustic flair can find it at the Senator's House Inn in Montague. The three original fireplaces in the 1901 country home include black iron firewall inserts embossed with a coat of arms, a *fleur-de-lis* and a human montage. Owner Phyllis Baker believes the house's original owner, ship-building senator John Yeo, imported the firewalls from England. Detailed Island oak mantles match delicate English tiles. Baker is relieved the fireplaces, now out of use, were never touched.

In Newfoundland, the Victoria Station Inn has also developed a reputation among tourists and locals for its ornate and elaborately tiled fireplaces. The

Victorian-styled inn, which opened two years ago, has a total of nine fireplaces, says manager Phyllis Harris, "and they're all working. The five bedrooms with fireplaces are especially popular in winter."

Fireplaces can be impractical and inefficient, but they still add that feeling of coziness that helps sell a home. "People are starting to look for them again," says Charlottetown realtor Eddie Rice. "There was a time in the early '80s when we were all so energy conscious that everyone stuffed their fireplaces up." But Rice says the popularity of the fireplaces is on an upswing. "People are more 'into' their homes. They're looking for comfort at the end of a long day."

Do fireplaces add value to a home? Not directly, says Rice, but "it can eliminate that first step in buyer negotiations." And Rice adds that more apartment dwellers are asking for fireplaces, to lend a sense of permanency and home. Rice says he lights his own fireplace 320 days a year. "I'm a fire nut, I can hardly stand seeing it not lit. And I'm willing to put up with a bit of heat loss for the pleasure it gives." 

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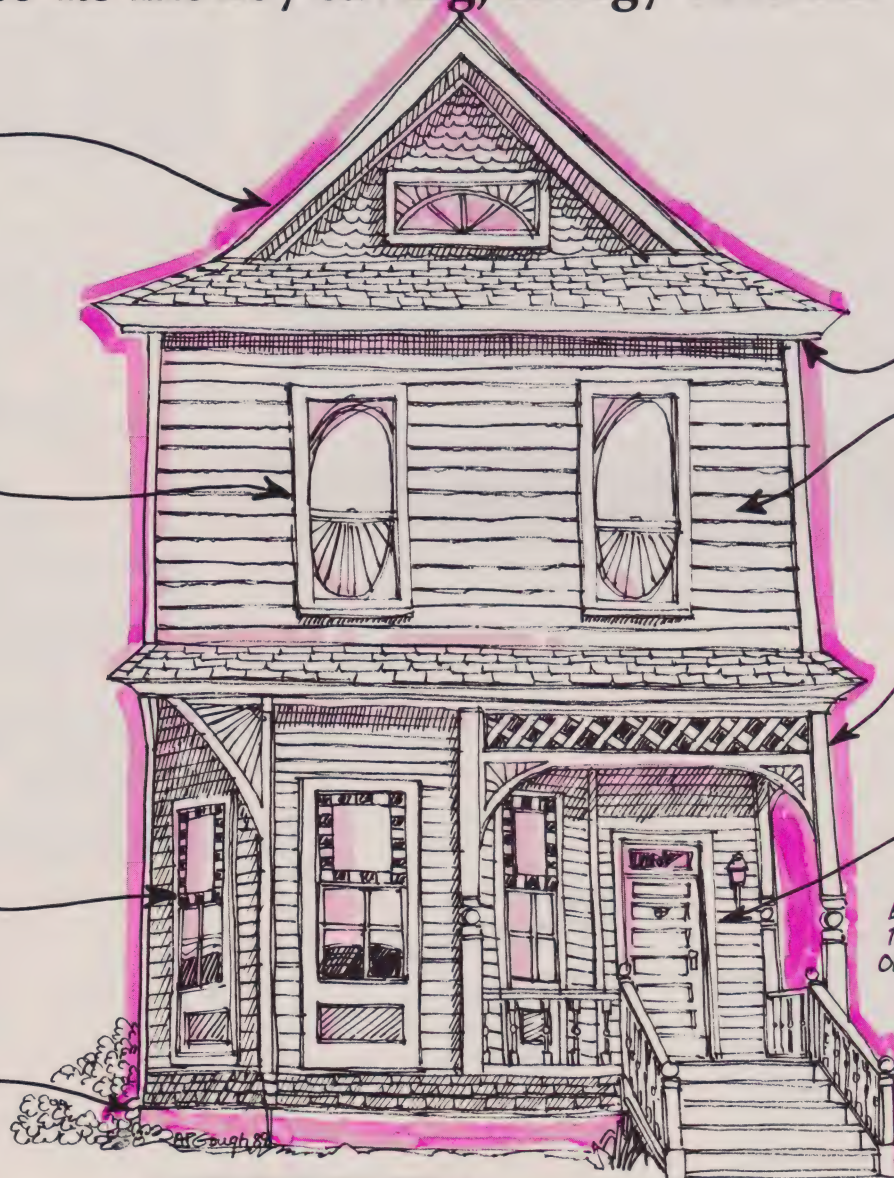
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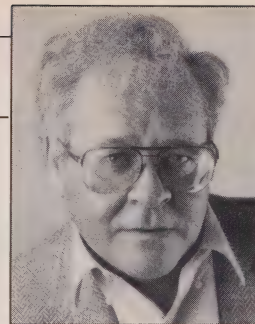
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# Scratching the itch to invent

**T**he mad inventor, like the mad scientist, is a 20th-century cliché. He has an alarming gleam in his eye. His hair sticks up as though it were full of electricity. Every night, he puts on his white coat, reports to his basement and tinkers with the miraculous machine he's perfecting. One day, he knows, it will bring amazing benefits to mankind and amazing wealth to him and his wife. She wonders if there aren't as many loose screws in his head as there are on his workbench.

Joe Moulton is an inventor but he's not like the one in the cliché. Mrs. Moulton has no doubts about his sanity, though his incorporating her vacuum cleaner into his experiments may have puzzled her. Joe wears not a white smock when he's tinkering with his machine, but blue coveralls. The gleam in his eye is gentle and his white hair is tame. He's a tall man of 69 and wears glasses. Surrounded by a lathe, table saw, bandsaw and disc sander, drilling and milling machine and various small routers, he looks like a grandfather in a telephone company TV commercial.

What Joe has invented is the world's first mechanical cutter of cod tongues. He knows a lot about cod. He was an executive of Fisheries Products International (FPI) for 40-odd years and he lives in Burin, Nfld. Without a boat, you can't get much closer than Burin to the Grand Banks, where fishermen have been hauling in cod for more than four centuries, where boats from a dozen nations still swarm around in pursuit of fish. Some of those nations have an insatiable appetite for cod tongues but cutting and trimming them by hand is slow, expensive work.

While still an FPI executive in the 1970s, Joe began his basement tinkering with crude cutting machines as a spare-time project. At first, he toyed with "jigs and things" to yank the tongue out of the head for cutting, but in 1980 the vacuum principle dawned on him. That's when he began to play around with Mrs. Moulton's vacuum cleaner. The idea looked so promising that by 1983 he'd obtained patents in Canada, Iceland and Norway.

In those days, the machine in his basement — basically a big vacuum tank and rotating knives — worked well enough but it was too big. It weighed 160 pounds. He wanted a cutter not only for salt and fresh-fish plants, and not only for big vessels, but also for inshore fishermen and community stages. Meanwhile, he signed a contract that allowed a Nova

Scotia firm to do the research and engineering to perfect the machine. The Nova Scotians botched the job horribly.

Icelandic interests had ordered two tongue cutters but Joe had no chance to inspect the first one before the Nova Scotians shipped it to Iceland. He witnessed its trial run in Iceland, however, and it was a disastrous embarrassment. His machine flew apart. The cutting blade broke loose and damaged other parts and the Icelanders cancelled their order.

While this fiasco sabotaged the reputation of the miracle cod-tongue cutter, it failed to squelch Joe. His stubborn faith in his idea was the one characteristic he shared with the mad inventor in the cliché. Evenings and weekends, Joe went right on working in his basement. All in all, he did that for more than a decade.

## *Mad scientists of the 20th century are inventing jelly-free cod tongue removers and trouble-free wood chip heaters for farm buildings*

A time came, however, when he knew he had to get engineering help. In 1986, when his retirement from FPI enabled him to work full-time on the cutter, the Atlantic Canada Opportunities Agency gave him enough money to hire Professor Bill Smith, an engineer at Memorial University. They worked together for 16 months, and came up with the neat, grey, shiny gizmo that Joe proudly showed me last April.

Weighing only 18 pounds, it enables a worker to cut more than 450 tongues, close to 30 pounds of them, in one hour. Human cutters fail to remove the jelly that clings to cod tongues and some customers find the stuff repulsive, but Joe's machine


produces clean, jelly-free meat. "When the tongue comes out," he says emphatically, "it's ready for the pot."

He sells the system, complete with industrial vacuum cleaner, for \$4,500. By April, the Newfoundland fisheries department had bought two. Alaskans had bought another and, at a trade show in Boston, fish companies from Portugal, Spain, Norway, Iceland, the Maritimes, Quebec and British Columbia were all nibbling. "We are, just now, getting off the ground," says Joe Moulton, a man who refused to abandon an idea he knew was good.

Over at Pleasant Grove, P.E.I., Vincent Court, 41, is a similar fellow. He kicked around Ontario for 10 years, mostly running a small construction firm, and then in 1978 with his wife Linda, returned to the Island to be a farmer. "I always thought I wanted to be a farmer," he says. "So we farmed here for eight years but it didn't work out very well." The more disillusioned he became with farming, the more intrigued he became with designing a trouble-free way to heat farm buildings with wood.

As early as 1979, he began to fiddle with a Swedish burner and then, like Joe with his cod-tongue cutter, he quietly invested a decade in the gradual perfection of the Bio Blast Wood Chip Furnace. It burns four-foot logs in one compartment and wood chips and sawdust in another. Five electronic controllers and a microcomputer regulate combustion and the system not only guarantees efficient combustion but also enables you to adjust the heat simply by touching a thermostat. "That's all you have to do," Vincent says. "It's like an oil furnace."

The cost to the consumer starts at about \$3,000 for a unit that'll heat a house. For bigger heating challenges, however, you can line up furnaces "like the cylinders in a car." Since most of Vincent's customers want their furnaces for industrial purposes, the bulk of his sales last winter were in the \$20,000 to \$30,000 range. Customers include a motel, greenhouse, farmers and sawmills in the Maritimes and New England.

Vincent is cagey about sales figures but his gross revenues have risen to several hundred thousand dollars a year and he may soon measure them in millions. "It's all gone beyond my wildest dreams," he says. It's the wildest dreams of people like him and Joe — people with the mad itch to invent things — that improve life for the rest of us. 



# The best in every bite

*Deanna Silver uses the freshest of ingredients in innovative combinations to tantalize your palate without shocking it*

by Janice Gill

**W**hat is a farmer's daughter from the Annapolis Valley doing in one of Atlantic Canada's most sophisticated and fashionable restaurants? Well she's the owner, she's doing the active management and she's doing it very successfully. In fact, Deanna Silver, proprietor of the Silver Spoon Restaurants and Catering service in Halifax, N.S., says that she can think of no better preparation for life in the restaurant trade than growing up on a farm.

"The work ethic is entrenched early, you learn not to be afraid of hard work — 12 hour days, seven day weeks and very little time off. You learn that you have to have hands-on experience ...you can't run a farm or restaurant in your head."

Deanna earned her enviable reputation with the Silver Spoon Café, inspired by the exquisite *konditorei* of Europe, but her interest in all kinds of food prompted her to also open two restaurants. When her café customers asked for something more than just desserts, she explains, she saw it as an exciting challenge.

"I place the greatest emphasis on flavor. Food should never be boring, there ought to be a lot of interesting things happening with each bite." She succeeds in this aim by using only the finest, freshest ingredients and combining interesting components to create dishes that are a blend of finesse and simplicity.

How does the public's current health and diet consciousness affect a restaurant like the Silver Spoon? Deanna Silver welcomes it. She believes good taste and good health are compatible. "You can prepare food which is complex and even elaborate in its presentation and still not disregard the rules of healthy eating. For example, we use almost no added salt... there are plenty of other ways to get flavor." One way is the use of herbs and Deanna maintains a herb garden for the restaurant.

She also ensures that there is an excellent range of fish and seafood on her menu. Whatever fish is available at the market is lightly cooked so that the essence of the fish itself forms the sauce, flavored and enhanced with herbs, spices and vegetables. Very small amounts of butter and cream may be added to finish some sauces but, used in this way, they contribute flavor without adding much in the way of calorie or fat content.

Where does Deanna Silver find the inspiration for her menus?

"When you think about food a lot, some ideas just come to you. My staff may make suggestions...perhaps I see a recipe and try to improve on it. Travel helps, of course, especially where presentation is concerned. The most innovative ideas right now are coming from California but what is called 'the California cuisine' is a totally holistic approach where they monitor produce from planting right through to harvest, into the kitchen and onto the table. This simply cannot be duplicated here except for a few months in the summer. For the rest of the time, like all Canadian restaurants, I must rely on wholesalers and importers. What I can do is select only the best and freshest ingredients and use and combine them in innovative ways. Of course everything is made from scratch so that makes this business very labor intensive."

Because of this Deanna relies heavily on her staff who have helped her weather the first hard years to become a Halifax tradition. Next year brings the Silver Spoon's 10th anniversary and Deanna promises "something special" to mark the completion of the first decade.

## Mediterranean seafood stew

This seafood medley, which makes a delightful luncheon dish, is served at the Silver Spoon topped with a dollop of tarragon mayonnaise.

1 lb. ripe tomatoes, peeled, seeded and chopped  
1 large Spanish onion  
2 zucchini

1 sweet red pepper  
1 green pepper  
4 ripe tomatoes, peeled and seeded  
2 cloves garlic  
3 tbsp. light olive oil  
1 tsp. fennel seed  
½ tsp. thyme  
1 tsp. tarragon  
1½ lb. fresh solé or other white fish  
24-30 mussels  
2 cups *court bouillon* or fish stock  
chopped parsley for garnish

Cook the chopped tomatoes over medium heat for 10-15 minutes, stirring occasionally. While they are cooking, dice the onion, zucchini, peppers and the 4 tomatoes. Sauté the diced vegetables together with the garlic in the olive oil until just tender. Add fennel, thyme and tarragon. Add the stewed tomatoes to this mixture, stir and keep warm.

Scrub mussels, remove beards, discarding any that are not tightly closed. Steam the mussels in a heavy pot. Poach the fish in simmering *court bouillon* until it is just translucent and flakes easily with a fork. Remove from poaching liquid with a perforated skimmer and drain. Arrange in a warm serving dish and top with a generous quantity of the sauce discarding garlic. Arranged opened mussels around the edge of the dish. Serves 4.

## Pork tenderloin with orange and raspberry

This is an adaptation of a recipe developed for the pork producers' association. Lean pork is a white meat which deserves a place in today's healthy cuisine.

1 pork tenderloin (about 1 lb.)  
a small quantity of flour for dredging  
1 tbsp. peanut oil or other light oil  
1 tbsp. walnut oil or butter  
1 tsp. prepared Dijon mustard  
2 tbsp. puréed frozen raspberries  
6 tbsp. orange juice  
3 tbsp. white wine  
¼ cup sliced mushrooms  
2 tsp. chopped parsley  
½ tsp. grated orange zest  
pinch rosemary  
1½ tbsp. raspberry vinegar

Cut the tenderloin crosswise into medallions ½ inch thick. Lightly coat with flour. Heat the oils together in a skillet or sauté pan and brown the pork just until the juices run clear, about 5 minutes. Remove from pan and keep warm.

Add all the other ingredients to the pan with the exception of the raspberry vinegar. Cook briskly for 5 minutes. Add the vinegar, stirring to remove browned bits from the bottom of the pan. Cook the sauce until it is reduced by one half and slightly thickened.

Serve medallions napped with the sauce and garnished with orange sections. Makes 4-5 servings.







# FOLKS

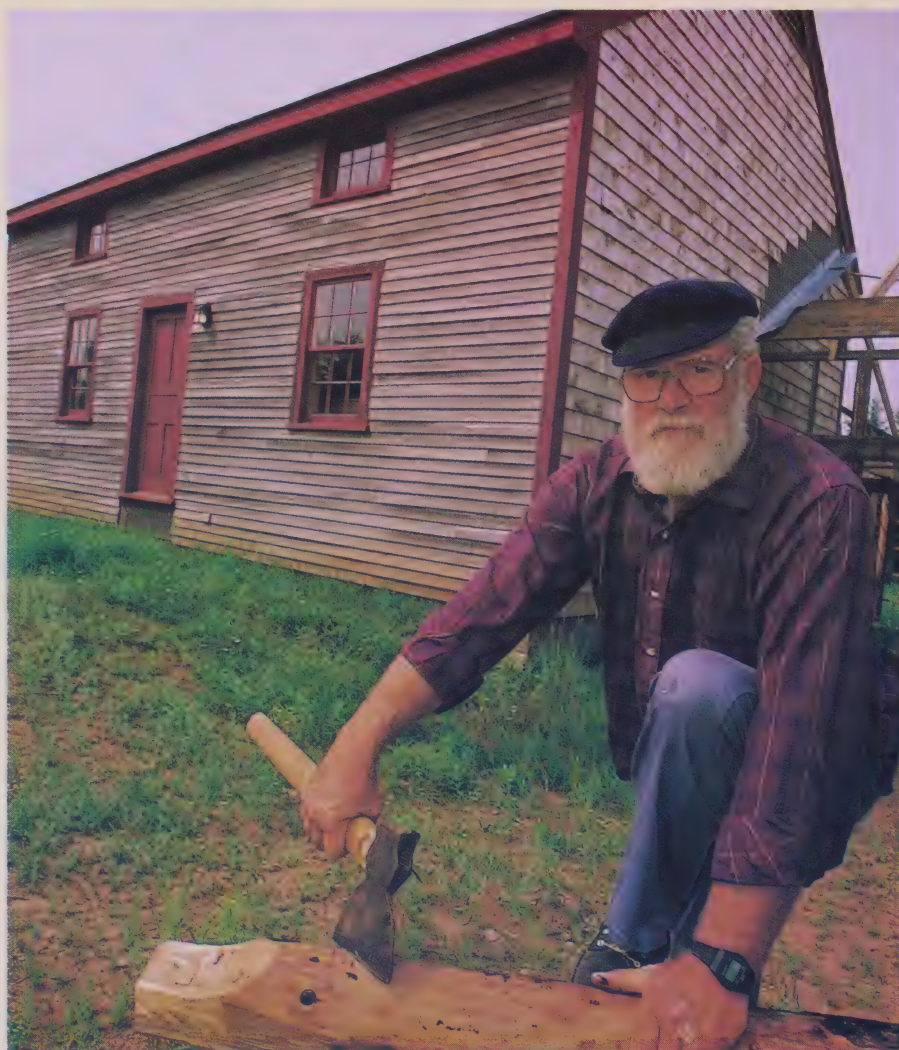
**W**hat can you do with two old abandoned houses besides bulldoze them under? If you're **Steve DeWolf** of East Mines, N.S. you carefully pull them down, move the salvageable pieces to your building lot, and reconstruct them into your retirement dream house.

DeWolf, a retired building contractor, along with his wife Ruth, a former real estate agent, built several of these popular "new-old" houses when they lived in New Hampshire.

Steve has painstakingly removed the weathered shingles from one old house and used them as they were, without stain or paint, for their spacious four-room home. All of the wood in the ceilings, walls, floors and cupboards will be finished with natural oil only. "That's in keeping with the old ways," Steve says.

Steve and his son Ted hand-planed all the wide pine boards used on the walls and cupboards. "No saw mill would plane them for fear of old nails embedded in the wood," says Steve.

In the living room, old cupboard doors are fitted under windows containing original, flawed glass. The exposed hand-hewn beams throughout the house, the stairway with diamond-shaped dowels and chimney bricks are all recycled from



Steve DeWolf: painstakingly transplanting pieces of abandoned houses to new buildings

the old houses. The countertop in the customized kitchen is made of a 24-inch wide hand-planed board.

Steve and Ruth are hoping this unique idea of preserving old homes will catch on and more home builders will recycle

abandoned buildings. "It's a shame to lose the beautiful materials to decay," says Ruth. "They are part of our heritage, as well as being inexpensive to use," adds Steve.

— Lesa Light Mason

**T**he fire in the forge sizzles as **Jack O'Reilly** puts in another cast iron horseshoe. The U-shaped band turns red. O'Reilly removes it from the fire, puts it on an anvil and begins hammering the shoe until it's the way he wants it — perfect.

The blacksmith trade is more than a job or even a hobby to this 68-year-old Chatham, New Brunswick man. It's also his memories.

He remembers as a little boy going to his father's shop and watching Jack Sr. "I found it very fascinating. I always wanted to do it," he says. His father taught him the trade and when he got older he and his father worked as a team.

"In those days there weren't too many cars. Those were the days of horse and buggy," O'Reilly says.

The man with wavy grey hair and moustache smiles as he reminisces. He



O'Reilly: getting high on blacksmithing

still makes shoes and corks them, but that's not all. Wrought iron flower pots, bookends and Bowie knives are his specialties. He also fixes logging chains, and sharpens skates.

"I like it. It's something you got to like so I just took it up as a hobby. I think everyone should have something," he says. For 38 years O'Reilly made his living as a blacksmith at Miramichi Pulp and Paper. When he retired in 1985 it was the end of the trade in the kraft mill, but it was not the end of the trade for O'Reilly.

He has been at the blacksmith trade now some 47 years, and has had his own little shop for about 20. "I just come out when I feel like it, but I enjoy it so much when I get started I don't know when to stop. People get their high on drugs. And some people get their high on alcohol. I get my high out here."

— Cathy Carnahan



If you wander around the back of Newfoundland's new School for the Deaf, you'll likely find a couple of sleek fiberglass canoe shells sitting on racks just outside the industrial arts shop. Over the past seven years, the school's students, with help from physical education teacher **Chris Jackson** and other staff members, have produced about 30 of the 16.5 foot touring canoes for church groups, Boy Scout troops, staff members and individuals.

The whole idea started when Jackson borrowed a mould from the Newfoundland Canoe Association to build a couple of canoes for the school. Lacking money for materials, they built two and sold them to get the money to buy glasscloth and resin to build their own. About that time, he discovered that a local sporting goods store had bought a mold from a defunct Maritime canoe manufacturer and wasn't using it.

"We wanted to build more canoes for the school, so I bought it," he explains. "The kids have really enjoyed doing the layup and finishing, and they take a lot of pride in using the six canoes we've built for ourselves. It's not a money-making venture: we do most of them for service organizations that have some affiliation with the school."

People fortunate enough to own or use the school's canoes say they're an ideal design for flatwater canoeing. Stable, maneuverable and tough, they are equally suitable for novices or serious canoers.



Chris Jackson (far left): introducing a group of deaf students to a lifetime venture

More importantly, students get introduced to canoeing, a sport that's a lifetime venture. Several have done their Level I canoe courses, and Jackson's looking forward to the day when graduates start coming back to mould canoes for themselves.

"The hulls we mould are the equivalent of anything on the market," Jackson says, "and next to none on the market when we really take our time. They'll have those canoes to use with their families for the rest of their lives."

— Rick Hayes

While some people crave the pampered life of a cat, **Monique Lund** of Charlottetown, P.E.I. knows things aren't so easy in the four-legged world. The 22-year-old dancer, who plays Demetre in the Toronto production of *Cats*, says she isn't fortunate enough to have nine lives. "It's tiring and hard on the body, but I'm still really enjoying the show," says Lund, who has gotten used to prowling on stage after almost three seasons.

Lund got her start with the Charlottetown Festival when she was just 12 years old. She was recruited to play one of the children in *Anne of Green Gables* and has been hooked on theatre ever since. "It really opened my eyes to what theatre was all about," she says of those early experiences. I really got into it and that's when I started training and getting serious about ballet and dance."

At 18, she was dancing on the main stage of the Confederation Centre of the Arts in the hit musical *Swing*, a show that played to sell-out crowds. In 1986 when Lund was 19 she joined the company of *Anne of Green Gables* for a cross-country tour. When she arrived in Toronto she went straight to the Elgin theatre, where *Cats* was playing and managed to get an audition with the show.

"It's a really funny story," she recalls.



Lund: it's not the pampered life of a cat

"I didn't have an agent, but I heard they were having auditions so I went backstage and tacked my resumé and a letter on the

bulletin board. The assistant director called me back for an audition. I really didn't think I had much of a chance but things went well."

That summer, instead of returning to Charlottetown where she was also offered a position, she stayed in Toronto. "I knew this was the city to come to if you wanted to work in the business. It just seemed like the next logical step."

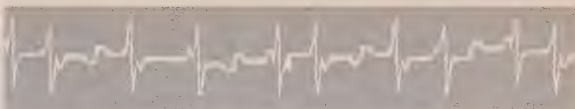
In her first year with *Cats* she understudied three roles and sang from a backstage booth. "All of a sudden I was singing all the time — eight shows a week. That was really good for me," she says.

The following season, Monique landed an on-stage part. She plays Demetre, a tabby-colored, high-spirited feline noted for her neurotic tendencies. Lund performs eight shows per week, a demanding schedule that has done a lot for her professionally. "They expect a lot from you; I put a lot more pressure on myself being here. It's a bit more serious and there's more competition."

Though she misses the Island and her trips to the beach, Lund says she'll stay in Toronto for a while. "I would really love to come back," she says. "I don't know when. I think I should stay here and keep things happening."

— Marcia Porter





*In a three-part series, Richard Starr examines the region's health care system, beginning with the shift from traditional institutionalized patient care to community-based treatment.*

## Health care comes home



PHOTOS BY MICHAEL OREAGEN

Home-care workers like VON nurse Patricia MacDonald and people in need like Violet are part of the shift to community-based homecare

*In Evangeline, P.E.I. a 30-year-old woman who suffered a severe aneurism is able to recover at home because of daily visits by a contingent of local volunteers. They greet her children when they come home from school, do household chores, prepare the evening meal and make sure homework gets done.*

*In Moncton, N.B. women with high-risk pregnancies are learning self-monitoring. Instead of spending four to six weeks in hospital they remain at home until they're ready to give birth.*

*In Pictou County, N.S. a couple in their late 60s who suffer from a variety of ailments, including debilitating arthritis, heart disease and diabetes, are able*

*to stay in their own home thanks to regular visits from a nurse, a homemaker and local volunteers who take care of property maintenance and snow shovelling.*

*by Richard Starr*

**T**hese scenarios are indicative of changes taking place in health care delivery in Atlantic Canada. Four decades after massive increases in government support ushered in an unprecedented growth in the number of hospitals and health care workers, a shift is on. Governments in the region are focusing more money on community and home care instead of institutional care. At the same time they are searching for ways

of improving the over-all efficiency of the health care delivery system.

The major motivating force behind most of this activity is money. Nationally, between 1971 and 1988, health care costs in Canada doubled in constant dollars, while the health sector's share of the gross domestic product (GDP) rose from 7.4 to 8.5 per cent. The picture has been even worse in Atlantic Canada. The four Atlantic provinces each spend less than the national average per capita on health care.

But because our economies are smaller than those of other provinces, we have customarily spent a greater percentage of our total wealth on health care.



That percentage is surging ahead at a faster rate than the national one. Between 1975 and 1987 health expenditures in the four Atlantic provinces grew from an average of 10.3 per cent to an average of 11.5 per cent of provincial gross domestic product.

Unless things change, demographics alone will guarantee that health's share of the pie will grow. Studies show that older people make greater use of the health care system, and Atlantic Canada has re-

through public health nurses, such as the Victorian Order of Nurses and volunteer agencies, the overall system remained fragmented and underfunded.

Newfoundland was a classic case of fragmentation. Spearheaded by local hospitals, a home care program was launched in the early '70s. It had an immediate impact on reducing hospital admissions and the length of time spent in hospital. But only a few other areas of the province followed suit with the result that some

saw it as an expense item rather than as an integral part of the system."

But now that the program has finally arrived, Marshall has high hopes for it. Budgeted at about \$16 million a year, the Nova Scotia program is aimed at seniors, the disabled and some families. It provides co-ordinated nursing and home-making services and a range of volunteer services to about 7,000 clients, 80 per cent of them people over 65 who might otherwise end up in a nursing home.



**Marshall:** The reluctance of government to improve home care in Nova Scotia may have been a case of penny wise and pound foolish

latively more older people than the rest of the country. With Prince Edward Island leading the way with 12.7 per cent of its population aged 65 or over, all the Atlantic provinces but Newfoundland exceeded the national average of 10.6 per cent in 1986.

The factors of an aging population, over-reliance on institutions and high costs have been present in the health care system for years. But despite that, governments in the Atlantic region have been slow to heed the advice of those who have advocated a shift from expensive acute care hospital beds to cheaper forms of community and home care. Although they each had some form of home care

Newfoundlanders had access to home care services while others did not. Chris Decker, health minister in the new Liberal government, vows to change that. "We look on home care as the missing component of the delivery system."

"It's been a frustrating 15 years," says Sharon Marshall about the long wait which preceded Nova Scotia's decision to implement a co-ordinated program of home care last fall. Marshall is executive director of the Victorian Order of Nurses and a member of Nova Scotia's Royal Commission on Health. She suggests that the reluctance of governments to improve home care may have been a case of penny wise and pound foolish. "Perhaps they

Marshall wants the program expanded to include physiotherapy and occupational therapy.

Those services are already available in Prince Edward Island's home care program, launched in 1986 and now serving about 1,400 people. As in Nova Scotia, most of the clients are seniors. "Increasingly what we're noticing is the number of people in the 90-plus age group who are being helped by the program," says home care co-ordinator Sandy Bentley. With their primary focus on seniors, the major impact of the Island and Nova Scotia home care programs may be to reduce the pressure on nursing home admissions.



In New Brunswick — as with the St. John's program — the priority of the province's Extra-Mural Hospital (EMH) has been on providing acute care in the home to reduce the pressure on hospital beds. Half the people who avail themselves of the "hospital without walls" are senior citizens. Dr. Murray Brown of Dalhousie University's medical school, who carried out an evaluation of the EMH, says it seems to be working.

"There's a fair amount of data suggesting they are achieving their objectives

both for admissions and length of stay," says Brown. But the EMH doesn't seem to be having much impact yet on keeping people out of nursing homes.

According to a report by the New Brunswick Medical Society, despite long waiting lists, the province has enough beds in nursing homes and homes for special care to institutionalize a staggering 11 per cent of its over-65 population. (In Europe only four per cent of the elderly are institutionalized). After studies showed that half of those on

nursing home waiting lists could stay home if adequate community services were available, the province set up pilot projects to try to find solutions.

The new emphasis on community and home care may be just the beginning of changes in the health care delivery system. Across the region governments are taking a hard look at how the health care system is organized and how the health care dollar is spent.

The inquiries range from a panel of health care professionals in Prince Edward Island to a full-blown Royal Commission in Nova Scotia. Improved home care saves money, but only in the long run. Even after eight years, the New Brunswick government doesn't claim any savings from its EMH. "The extra-mural hospital is an added expense to the health care system," says David O'Brien of the New Brunswick Department of Health. "But in the long term it will increase your patient throughput so you don't have to build any more hospitals."

In the meantime, in keeping with the axiom that "if a hospital bed exists it will be filled," every hospital vacancy created by the EMH is quickly filled by someone else. Unless hospital beds are closed, costs continue to rise, underserved regions demand improved services and health officials are pressed to pay for new medical technology.

If any province needs to look harder at its health care system it's Nova Scotia. With Halifax providing specialized services for the whole region, Nova Scotia has traditionally spent more on health care than other Atlantic governments. But that spending is now rising at a dizzying rate. According to figures compiled by National Health and Welfare, between 1983 and 1987, Newfoundland and New Brunswick were among four provinces in the country which actually reduced the share of the gross provincial product spent on health care.

But in Nova Scotia health spending as a percentage of gross provincial product jumped from 11.15 to 11.6 per cent. At the same time, per capita health spending in the province jumped from \$1,218 in 1983 to \$1,764 in 1987. That's an increase of nearly 45 per cent, compared with a national increase of 33.8 per cent.

A royal commission is expected to bring forward its recommendations soon for making Nova Scotia's \$1 billion plus a year health care system more cost effective. But the commission's work is complicated by a stark reminder that more (or more efficiently spent) money does not necessarily equal health — despite all the money Nova Scotia spends on health, the province has the worst morbidity rate in Canada, after being the third lowest in 1946.



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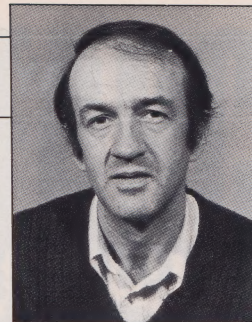
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## In pursuit of alternatives

**A**tlantic Canada, perpetually in economic crisis, is feeling the lash again. Regional development and other funds are being slashed by Ottawa, the fishery is in trouble, there's a general recession creeping up and governments are in debt to the eyeballs.

Amid all this there's an elementary groping to figure out what went wrong and where we should go in the future. I've noticed in particular an increased number of seminars and conferences in which Atlantic economic practice — pursuing megaprojects, subsidizing outside manufacturers, going gaga over some new piece of technology — is criticized, sometimes ridiculed, and a strategy based on small and medium business is called for.

The sense is that the old way of doing things, despite a small boom between the recession of the early '80s and now, has failed once again. There is something going on that has not truly happened since the early '70s — a sense that alternatives must be sought.

The word "alternatives" brings us to Michael Bradfield, an economist at Dalhousie University in Halifax, N.S. and one of a small band of academics and others who kept working at the idea of alternative economics even when not many people were listening. It's time for them to be heard again.

Bradfield got into Nova Scotia politicians' hair back in the '70s over the practice of subsidizing outside companies to settle in the province. It was then that he demolished what could be called the first myth about regional development.

The notion then — and still, notably in Nova Scotia — is that these provinces must subsidize and ingratiate themselves to outside investors so they'll set up plants here because we, being small and poor, have no money of our own to invest, or at least not enough.

Bradfield did a calculation and found that between 1965 and 1975 Nova Scotians saved more money than was invested in the province. This was true for six of the 10 years and for the 10 as a whole. The money was siphoned out of the province by the large corporations, including banks and insurance companies, and by managers of pension funds. Anyone in the Atlantic region, including governments, who borrowed it back, of course, would do so at a premium. "The point is," says Bradfield, "that if we had our own savings to invest we wouldn't have a financial problem. Even poor provinces have the capacity to invest. It's just that

their market institutions are controlled from outside."

Occasionally I would talk to Bradfield and we would bemoan the fact that the whole idea of economic alternatives no longer had an audience. After all, who thinks about local small-scale stuff when Hibernia oil and Sable Island gas are going to save us, when big outfits like Pratt and Whitney are settling in (at taxpayers' expense) and everything seems to be turning out for the best?

The standard "neo-classical" explanations for regional disparities presume that the market is perfectly competitive whereas, says Bradfield, it is patently not — especially the financial markets which discriminate against small scale enterprises, especially ones outside the economic power centres. A poor resource base, inefficient plants and workers, a lack of capital and "residual" factors,

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*Not simply  
romantic ways  
of being poor  
with dignity*

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notably technological change, are the standard reasons given for our laggard state. Importing investment, even if we have to subsidize it, is thus the answer.

Bradfield says this analysis is so lacking that, according to his calculations, the "residuals" would have to explain most of the phenomenon. Imperfections in the market, he says, play a large part in explaining most of the factors that the mainstream economists claim are the prime causes of Atlantic underdevelopment. The neo-classical view, held by the Economic Council of Canada and most other bigthink institutions, says Bradfield, amounts to "blaming the victim" in that it assumes that the problem is "the weakness of the region, not of the system." It is, he says, "unrealistic theory inappropriately applied."

There are alternatives, says Bradfield, and they're "not simply romantic ways of being poor with dignity." As proof, Brad-

field and others interested in economic alternatives, notably Greg MacLeod at the College of Cape Breton, have been looking at a region of Spain called the Mondragon, a prosperous region with a significant amount of its economy controlled by co-operatives.

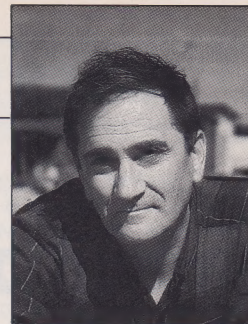
The area used to have an economic profile roughly like Cape Breton's. The attempt to break out of the cycle of underdevelopment began with a technical school started by a priest in 1943 and was followed by a small manufacturing company in 1956 to employ the skills thus obtained through a worker co-operative, a credit union in 1959 to finance more business activity, then research and development capacity, a pension plan and other services. Now the area has some 200 co-operatives hiring one of every eight workers in the region, they pay good wages, with the savings of workers going back into the area's economy.

One of the most daunting aspects of breaking out of the poverty cycle is the question of where to start, says Bradfield. When he asks his students to write down what they think is the source of Atlantic Canada's economic problems, one might say poor productivity, another lack of skills and education, another problems with marketing, another lack of capital and so forth until maybe a couple of dozen factors are put forth. The point is that ultimately "we show that all of these factors are interlinked."

The Mondragon shows that, in some circumstances, education — the technical school — can be the first step. In Atlantic Canada, Bradfield says, the break-in point could be financing. An effort could be made to keep our pension fund money in the region by means of provincial government incentives, the role of the credit unions could be expanded and other measures taken — if the will was there. This is no mere theoretical point, Bradfield emphasizes. It has in fact been done and close by — in Quebec, where the government, the credit unions and the unions used the province's pension fund and other savings to successfully finance small and medium business.

The lesson of these examples for Atlantic Canada is: "Don't assume it can't be done, because it's been done elsewhere." Attitudes, Bradfield says, are absolutely critical — "if you think you can't do it, you can't. What I'm saying," he adds, "is that we do raise the money to finance our own development, we do have the workers' skills. We can do it." ☒





## Confronting the unthinkable

**I**t was an odd time and an exotic place to come face to face with God and Man in Newfoundland.

Flin Flon, Manitoba, was the place and six o'clock on a mid-April morning was the time. It was one of those Canada Book Week jaunts. I was in a motel lobby waiting for a five-hour bus ride onward to Thompson. A radio droned to life with "O Canada" followed by the news or, rather, the "new-ah-ez" delivered by an old-school CBC announcer who can wring three syllables out of the word "cat."

First crack out of the box he told an awakening nation that "the Roman Catholic community in Newfoundland suffered another shock yesterday when..."

Oh, Lord, is a continent not wide enough! There were few other people about at that hour yet I had the craven urge to mutter something to the motel schefflera in a broad Texas accent. Whenever they go abroad most Newfoundlanders somehow feel that their origins are stamped in flaring capitals across their foreheads...in good times and in bad.

Somewhere along the route in Manitoba a journalist spotted my origins emblazoned on my brow and said, "Geez, what a great story. Sex, religion, politics...it's got everything." I told him it depended on where you sat and that the joy and excitement of it all would probably be greater if you were covering our sorry mess for, say, the Flin Flon weekly *Reminder*.

Journalists have come from further away than that on the track of "the story that's got it all." We can hardly reproach them for that. It is only to imagine what the London tabloids or *The Washington Post* would do with a similar scandal on their own home ground.

In the middle of July there arrived a reporter for the Australian Broadcasting Corporation who describes his beat as North and South America. Of all the New World it seems we were the hottest spot in July.

Sex, religion and politics in Newfoundland. What can you tell the gentleman from Australia or, come to that, the *Cape Breton Post*? Even here among the trees the woods seem quite mesmerizing.

First and foremost there's a Catch 22. In Newfoundland the churches still control the schools, therefore education, therefore the several versions of our own history. This is yet another version of

child abuse because we victims of such a system were never taught to see ourselves with any objectivity.

Sex is probably the easiest part in the newsworthy troika. Despite the grisly reports there's nothing wildly different about sex in Newfoundland. Attitudes range, as they may in Musquodoboit, from savagely Puritanical to early Tahitian.

One oddity may be that for middle and older generation Newfoundlanders the word itself, "sex" is something of a novelty. In earlier times it was seldom if ever heard and was regarded as an American invention. Yet there were many phrases and euphemisms for it... someone has said a Newfoundlander has more words for sex than an Eskimo has for snow.

But religion and politics here stepped off the boat hand in hand. They remain potent and grisly bedfellows. The State arrived on August 5, 1583, in the person of Sir Humphrey Gilbert, half-brother of Walter Raleigh, who set the tone when he proclaimed to shipping already in St. John's Harbour that he would slice off the

### *Rule by an unholy trinity, with the clergy first among equals*

ears and noses of "Papists and other foreigners" if they spoke disrespectfully of Our Dread Sovereign Elizabeth.

Those noted Papists, the Irish, as they dribbled ashore over the centuries met a scarcely more benign Welcome Wagon. Persecution and discrimination of the Irish have had their savage and bloody moments in Newfoundland right up to the present century. Job discrimination still exists in the darker corners.

In the hundreds of settlements strewn around the coast real democracy never found root. Instead, there was a sort of feudal system, a rule by an unholy trinity of fishermerchant, clergy and government agent with the clergy being, perhaps, first among equals.

Settlement took place along religious lines with a village being either completely Protestant or exclusively Roman

Catholic. In RC communities the role of the priest was elevated much above the norm because not only was he the sole shield and buckler against the forces of evil in the next world, he was sole champion in arms against an oppressive Protestant establishment here on earth.

All of which may help to explain — we shall tell the fellow from Australia — why parents would respond to a telephone call from a priest at 2:30 a.m. and send, without question, their 11-year-old boy across to the priest's house for the rest of the night. The priest was irrepachable and therefore the unspeakable was unthinkable.

Church and state in Newfoundland continues to co-exist in a curiously medieval way. Joey Smallwood knew this well. He and Confederation with Canada won only by a hair's breadth because of last-ditch opposition from the Church of England mercantile establishment and the Roman Catholic Archbishop of St. John's.

On the eve of a later provincial election, (and Australia may find this hard to believe) Joey got hold of some beads and medals blessed by the Holy Father himself and flung them around to good political advantage in RC districts. Then, fearing he had tipped the balance too far in one direction he dashed off to a Protestant district and joined the Loyal Orange Lodge. Smallwood won 23 years worth of elections.

Sex, religion and politics. The avalanche of priestly pedophilia in recent years is capped by a Dickensian horror that out-Dickens Dickens. The Irish Christian Brothers, who run an RC boy's orphanage, have been charged with sexually and otherwise abusing orphans for decades. This evil came to light, briefly, in the early '70s but was quickly snuffed out.

Did the archbishop phone the chief of police who phoned the minister of justice who phoned...? Two "separate" commissions are now at work raking the muck, one established by the RC Church and the other by the Newfoundland government. Ah, yes, "there's no one in the coop but us hens, Farmer Brown."

My Manitoba journey continued. At Puckatawagan, an Indian reservation, the libraries board arranged a little tea-and-cookies reception at the school. The RC priest came along, he with his colors and calling around his neck and me with my origins stamped on my forehead. We both agreed that the weather was not very nice for that time of year. ☒



# HELP US IN OUR SEARCH FOR THIS YEAR'S INNOVATOR OF THE YEAR

This year marks the fourth annual Atlantic Canada Innovator of the Year Awards Competition. These awards, jointly sponsored by Atlantic Canada Plus and the Atlantic Provinces Economic Council in cooperation with *Atlantic Insight* magazine, are intended to highlight the achievements of the many innovators who play a key role in Atlantic Canada today.

Innovators are people who come up with new ideas and take fresh approaches which contribute to the quality of life in this region. Previous award winners have included a medical educator who introduced new ways of teaching medical students, the inventors of a unique device which measures the colour of food produce, the organizer of a community group who fired the enthusiasm of a small community on Prince Edward Island, an elected official who encouraged his constituents to help create jobs by setting up a cooperatively-owned factory, and the owner of a small business who made a series of simple but effective innovations in using colours to track files and records. Innovators are found everywhere in Atlantic Canada, in universities, the arts community, research labs, business, local organizations and government.

A distinguished panel of judges named by the three sponsoring organizations will select candidates for a short list and choose the winner.

The January 1990 issue of *Atlantic Insight* will feature a cover story on the winner and the finalists.

We are soliciting nominations for this award. To nominate a candidate, write us a letter describing the achievements of the nominee and the ways in which he or she meets the awards criteria. Provide as much

information as you think appropriate. The deadline is October 2, 1989.

Nominees being considered by the judges for the short list will be contacted and asked to agree that their name should stand for this award.

## AWARDS CRITERIA

The criteria which will be used to assess nominees for the Atlantic Canada Innovator of the Year Awards are as follows:

- originality of the nominee's ideas or activities
- a record of achievements in innovation, indicating the candidate's ability to implement his or her ideas and activities.
- the past, present and anticipated future



benefits to Atlantic Canada of the ideas and activities of the innovator (benefits defined include economic, social and cultural)

Nominees for the award must live and work in Atlantic Canada.

Employees and directors of the sponsoring organizations are not eligible for nominations for the awards.

Write in confidence with your nomination to:  
James Lorimer, Publisher  
Atlantic Insight  
5502 Atlantic Street  
Halifax, Nova Scotia B3H 1G4

Deadline for nominations: October 2, 1989

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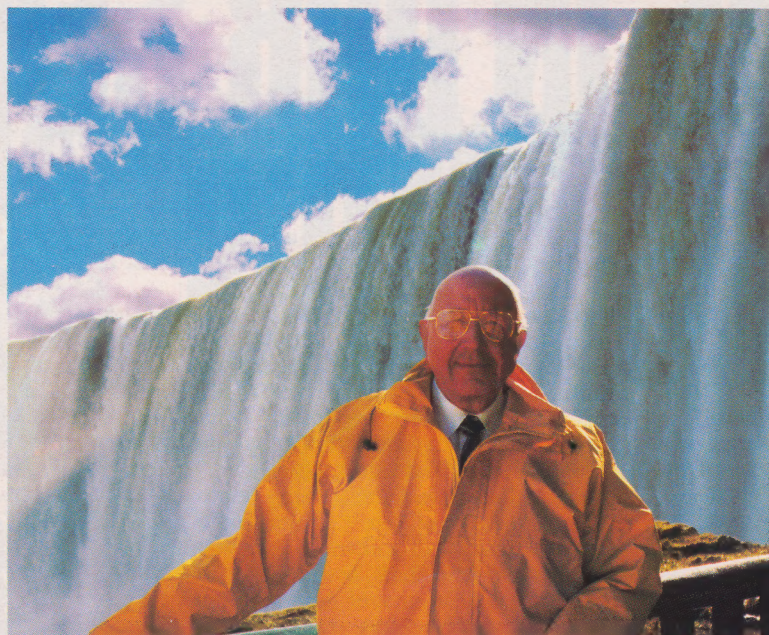
APEC





**The Human Energy  
Behind Nuclear Energy**

Dr. John Foster, P. Eng.,  
is Chairman of the  
Executive Council of the  
World Energy Confer-  
ence, an international  
organization dedicated to  
the worldwide develop-  
ment and promotion of  
energy for peaceful uses.  
He is seen here at  
Niagara Falls, today the  
source of about 9% of  
Ontario's electricity.



## RESOURCEFUL THINKING

As our population and our economy continue to grow, demand for electricity is increasing and new supplies must be developed. For each region of Canada it is a matter of making the best choice now and for the future – choosing options that are both economically sound and environmentally responsible.

“Nuclear energy is an attractive option for two reasons – it’s economically competitive and it is a clean source of energy,” says Dr. John Foster, Chairman of the World Energy Conference.

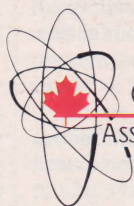
“A small quantity of uranium provides us with an enormous amount of energy. Consequently, it is a very inexpensive fuel that is easy to transport and store. Canada is the world’s leading uranium producer and has enough reserves to meet the needs of this country and others for a long time to come.”

Canada’s own CANDU reactors capitalize on the efficiency of uranium fuel. Just a handful of uranium pellets produce enough energy to meet the electrical needs of the average Canadian for a year. Because the amount is so small, there is little used fuel. It is effectively contained and safely managed.

“Uranium is playing a more and more significant role in meeting our electricity needs. Nuclear reactors in Canada now provide us with as much electricity as all sources of energy did only 35 years ago, and about six times the electricity generated here at Niagara Falls.”

“Nuclear energy offers a safe, efficient and environmentally clean method of power production. It’s not our only choice for producing electricity but it will become an increasingly important option for our future energy supply.”

## SEEKING TO GENERATE A BETTER UNDERSTANDING



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